



## Pumpkin Brulee

 Vegetarian  Gluten Free

READY IN



277 min.

SERVINGS



12

CALORIES



390 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar
- 1 cup pumpkin puree canned
- 16 egg yolks
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 4 cups heavy cream
- 0.3 teaspoon salt

- 2 teaspoons vanilla extract
- 0.3 cup sugar white

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- ramekin
- broiler

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Heat the cream and vanilla in a large, heavy-bottomed saucepan over medium heat; bring to a simmer.
- Whisk together the egg yolks, brown sugar, white sugar, cinnamon, salt, ginger, cloves, and pumpkin in a bowl. Slowly pour 1 cup of the cream mixture into the egg mixture, stirring continually. Then pour the entire egg mixture into the saucepan; whisk briskly for 1 minute.
- Pour the mixture into ramekins. Arrange ramekins on a baking sheet.
- Bake in preheated oven until set, about 15 minutes; refrigerate for 4 to 6 hours.
- Before serving, sprinkle 1 teaspoon of sugar over the top of each creme brulee. Use a kitchen torch or your oven's broiler to caramelize the sugar. It may take 2 to 3 minutes in the broiler.
- Serve immediately.

## Nutrition Facts

PROTEIN 6.38%  FAT 79.79%  CARBS 13.83%

## Properties

Glycemic Index:6.26, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:11.454347760781%

## Nutrients (% of daily need)

Calories: 389.94kcal (19.5%), Fat: 35.08g (53.96%), Saturated Fat: 20.57g (128.57%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.98g (4.72%), Sugar: 11.82g (13.13%), Cholesterol: 348.85mg (116.28%), Sodium: 83.88mg (3.65%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Protein: 6.31g (12.62%), Vitamin A: 4690.26IU (93.81%), Selenium: 16.01µg (22.87%), Vitamin D: 2.57µg (17.1%), Vitamin B2: 0.29mg (16.97%), Phosphorus: 147.18mg (14.72%), Vitamin E: 1.57mg (10.47%), Folate: 40.73µg (10.18%), Vitamin B5: 1.01mg (10.09%), Vitamin B12: 0.59µg (9.92%), Calcium: 94.43mg (9.44%), Vitamin B6: 0.13mg (6.29%), Iron: 1.08mg (5.99%), Vitamin K: 6.06µg (5.77%), Manganese: 0.1mg (5.23%), Zinc: 0.78mg (5.23%), Potassium: 152.24mg (4.35%), Vitamin B1: 0.06mg (4.21%), Magnesium: 12.19mg (3.05%), Fiber: 0.69g (2.77%), Copper: 0.05mg (2.64%), Vitamin C: 1.34mg (1.62%)