



Pumpkin Creme Brulee

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



4

CALORIES



548 kcal

DESSERT

Ingredients

- 0.3 cup pumpkin puree canned
- 0.1 teaspoon cinnamon
- 4 egg yolks
- 1 pinch ginger
- 0.5 cup granulated sugar
- 1 pinch ground cloves
- 1.5 cups heavy cream
- 2 pinches nutmeg

0.3 cup coarse sugar raw

0.5 cup milk whole

Equipment

bowl

frying pan

baking sheet

sauce pan

oven

whisk

plastic wrap

ramekin

roasting pan

broiler

Directions

Watch how to make this recipe.

Preheat the oven to 300 degrees F.

In a medium saucepan, heat the cream, milk, cinnamon, nutmeg, ginger, and cloves over medium heat, stirring occasionally, just until it comes to a boil. Immediately turn off the heat and set aside to infuse at least 15 minutes. In a large bowl, whisk the egg yolks with the granulated sugar.

Whisking constantly, gradually pour in the hot cream mixture.

Whisk in the pumpkin puree.

Pour the mixture into 4 ovenproof ramekins and arrange in a hot water bath.

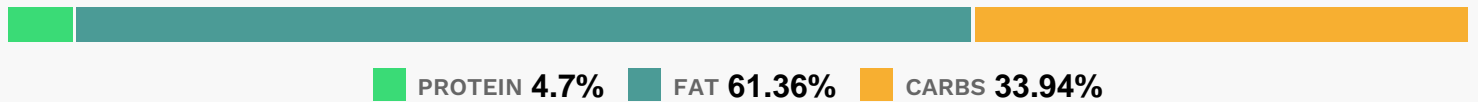
Bake in the center of the oven until almost set but still a bit soft in the center, 30 to 40 minutes. The custard should "shimmy" a bit when you shake the pan; it will firm up more as it cools.

Remove from the water bath and let cool 15 minutes. Tightly cover each ramekin with plastic wrap, making sure the plastic does not touch the surface of the custard. Refrigerate at least 2

hours, and up to 24 hours.

- When ready to serve, preheat a broiler to very hot (or fire up your kitchen torch). Uncover the chilled custards.
- Pour as much coarse sugar as will fit onto the top of 1 of the custards.
- Pour off the remaining sugar onto the next custard. Repeat until all the custards are coated. Discard any remaining sugar.
- Place the ramekins on a baking sheet or in a roasting pan and broil until the sugar is melted and well browned, 1 to 2 minutes.
- Let cool 1 minute before serving.

Nutrition Facts



Properties

Glycemic Index:67.05, Glycemic Load:29.74, Inflammation Score:-9, Nutrition Score:10.863912978898%

Nutrients (% of daily need)

Calories: 548.38kcal (27.42%), Fat: 38.33g (58.97%), Saturated Fat: 22.97g (143.55%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 47.11g (17.13%), Sugar: 46.41g (51.57%), Cholesterol: 298.91mg (99.64%), Sodium: 45.7mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Vitamin A: 4004.76IU (80.1%), Selenium: 13.66µg (19.52%), Vitamin B2: 0.32mg (18.92%), Vitamin D: 2.74µg (18.24%), Phosphorus: 159.35mg (15.93%), Calcium: 125.78mg (12.58%), Vitamin B12: 0.66µg (10.97%), Vitamin E: 1.47mg (9.78%), Vitamin B5: 0.94mg (9.42%), Folate: 32.1µg (8.03%), Vitamin B6: 0.12mg (6.14%), Zinc: 0.8mg (5.31%), Vitamin K: 5.58µg (5.31%), Potassium: 185.85mg (5.31%), Vitamin B1: 0.07mg (4.81%), Iron: 0.84mg (4.66%), Manganese: 0.08mg (3.88%), Magnesium: 15.45mg (3.86%), Copper: 0.05mg (2.46%), Fiber: 0.59g (2.38%), Vitamin C: 1.21mg (1.46%)