



Pumpkin Creme Brulee



Vegetarian



Gluten Free



Popular

READY IN



165 min.

SERVINGS



7

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 3 egg yolks
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 1 cup pumpkin puree
- ☐ 1 pinch salt

☐ 0.5 cup sugar white

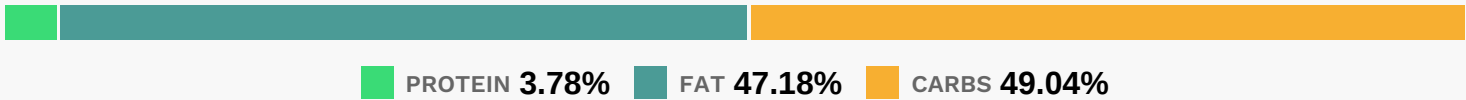
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Whisk egg yolks and brown sugar together in a large bowl. Stir in heavy cream, pumpkin puree, allspice, cinnamon, nutmeg, and salt.
- ☐ Divide pumpkin mixture between seven (5-inch) ramekins about 1/2 inch from the top.
- ☐ Place the ramekins in a baking dish and fill with the baking dish hot water to reach halfway up the sides of the ramekins.
- ☐ Bake in preheated oven until just set, 30 to 35 minutes.
- ☐ Remove ramekins and refrigerate until completely cool, at least 2 hours.
- ☐ Sprinkle about 1 tablespoon of sugar onto each creme brulee. Melt the sugar with a chef's torch until crisp and dark brown, 1 to 2 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:22.87, Glycemic Load:10, Inflammation Score:-10, Nutrition Score:8.3752174118291%

Nutrients (% of daily need)

Calories: 267.98kcal (13.4%), Fat: 14.5g (22.31%), Saturated Fat: 8.63g (53.94%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 32.82g (11.93%), Sugar: 31.71g (35.24%), Cholesterol: 121.73mg (40.58%), Sodium: 24.84mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin A: 6059.15IU (121.18%), Selenium: 5.76µg

(8.23%), Vitamin B2: 0.13mg (7.44%), Vitamin K: 6.76µg (6.44%), Vitamin D: 0.96µg (6.4%), Phosphorus: 63.04mg (6.3%), Vitamin E: 0.88mg (5.9%), Calcium: 56.47mg (5.65%), Iron: 0.87mg (4.82%), Vitamin B5: 0.48mg (4.78%), Fiber: 1.1g (4.39%), Manganese: 0.09mg (4.31%), Folate: 17.09µg (4.27%), Potassium: 136.04mg (3.89%), Vitamin B12: 0.2µg (3.41%), Vitamin B6: 0.07mg (3.27%), Magnesium: 12.6mg (3.15%), Copper: 0.06mg (2.86%), Zinc: 0.33mg (2.19%), Vitamin C: 1.73mg (2.1%), Vitamin B1: 0.03mg (1.95%)