



Raspberry Brûlée

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- 1 cup raspberries
- 0.3 cup sugar
- 2 tablespoons cornstarch
- 0.3 teaspoon salt
- 2 cups skim milk fat-free (skim)
- 0.5 teaspoon vanilla
- 4 teaspoons brown sugar packed

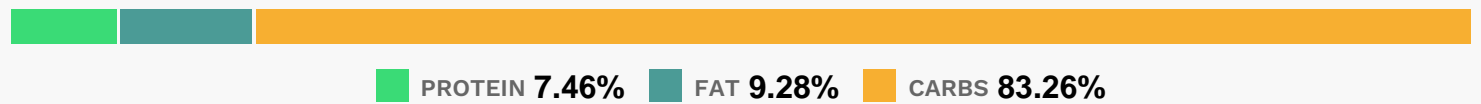
Equipment

- sauce pan
- oven
- ramekin

Directions

- Place raspberries evenly in bottom of four 10-ounce custard cups or ramekins.
- Mix sugar, cornstarch and salt in 2-quart saucepan. Stir in half-and-half.
- Heat to boiling over medium heat, stirring frequently. Stir in vanilla. Spoon over raspberries.
- Set oven control to broil.
- Sprinkle 1 teaspoon brown sugar over mixture in each custard cup. Broil with tops 4 to 6 inches from heat 2 to 3 minutes or just until brown sugar is melted.
- Serve immediately. Cover and refrigerate any remaining desserts.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:12.06, Inflammation Score:-2, Nutrition Score:6.3286956756011%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 181.27kcal (9.06%), Fat: 1.9g (2.93%), Saturated Fat: 1g (6.24%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 36.44g (13.25%), Sugar: 27.8g (30.89%), Cholesterol: 5.9mg (1.97%), Sodium: 265.33mg (11.54%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.44g (6.89%), Phosphorus: 187.59mg (18.76%), Vitamin B2:

0.29mg (17.34%), Calcium: 124.49mg (12.45%), Vitamin C: 8.69mg (10.53%), Manganese: 0.21mg (10.51%), Vitamin B12: 0.61µg (10.23%), Potassium: 294.92mg (8.43%), Fiber: 1.99g (7.94%), Zinc: 1.09mg (7.25%), Magnesium: 26.02mg (6.51%), Vitamin B5: 0.65mg (6.46%), Selenium: 3.74µg (5.35%), Vitamin B1: 0.08mg (5.05%), Vitamin B6: 0.09mg (4.57%), Folate: 11.06µg (2.77%), Copper: 0.05mg (2.57%), Vitamin K: 2.58µg (2.45%), Vitamin E: 0.31mg (2.05%), Vitamin B3: 0.33mg (1.66%), Iron: 0.26mg (1.47%), Vitamin A: 60.64IU (1.21%)