



Roasted Garlic Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



407 kcal

SIDE DISH

Ingredients

- 5 egg yolks
- 2 garlic heads
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 cups whipping cream

Equipment

- frying pan

- ladle
- oven
- knife
- whisk
- wire rack
- blender
- roasting pan
- aluminum foil

Directions

- Cut off the flat end of garlic heads, and spread apart whole cloves, leaving tight outer covering intact. Trim pointed end so head will sit flat.
- Place garlic heads, trimmed ends down, on a sheet of aluminum foil.
- Drizzle with olive oil; wrap in aluminum foil.
- Bake at 350 for 1 hour; cool. Squeeze out pulp from each garlic clove.
- Combine whipping cream and next 2 ingredients, stirring with a wire whisk until sugar dissolves and mixture is smooth.
- Add salt and garlic pulp; place mixture in container of an electric blender, and process until smooth.
- Pour mixture evenly into 5 (5- x 1-inch) round individual baking dishes; place dishes in a large roasting pan or a 15- x 10- x 1-inch jellyroll pan. Prepare 1/2-inch water bath (see Brle Basics below).
- Bake at 275 for 40 minutes or until almost set. Cool custards in water in pan on a wire rack.
- Remove from pan before serving.
- Note: Baking time is for 5- x 1-inch round individual baking dishes. As a general rule, to use 4-, 6-, or 8-ounce custard cups, bake for an additional 15 to 20 minutes. When the crme brle is done, the center will still be slightly liquid and a knife will not come out clean. The yield will vary with different size dishes: For 4-ounce cups you'll get 10 servings, for 6-ounce cups you'll get 7 servings, and for 8-ounce cups you'll get 4 servings.
- Don't panic when you see the term water bath. A water bath is simply a roasting pan or jellyroll pan filled with water. The water creates a cushion from the heat of the oven, allowing

the custards to bake slowly without curdling.

- Don't burn yourself. Before you take the water bath out of the oven, remove some of the water with a basting bulb or a long-handled ladle.

Nutrition Facts

PROTEIN 5.45% **FAT 88.62%** **CARBS 5.93%**

Properties

Glycemic Index:20.02, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:7.4547825212712%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 406.81kcal (20.34%), Fat: 40.75g (62.69%), Saturated Fat: 23.84g (148.98%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.29g (5.88%), Cholesterol: 301.98mg (100.66%), Sodium: 499.7mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin A: 1659.11IU (33.18%), Selenium: 13.12µg (18.75%), Vitamin D: 2.5µg (16.63%), Vitamin B2: 0.28mg (16.22%), Phosphorus: 127.25mg (12.73%), Vitamin E: 1.57mg (10.48%), Calcium: 88.55mg (8.86%), Vitamin B12: 0.5µg (8.39%), Vitamin B5: 0.79mg (7.88%), Folate: 30.12µg (7.53%), Vitamin B6: 0.11mg (5.56%), Zinc: 0.66mg (4.39%), Vitamin K: 4.16µg (3.96%), Vitamin B1: 0.05mg (3.54%), Iron: 0.62mg (3.45%), Potassium: 115.03mg (3.29%), Magnesium: 7.88mg (1.97%), Manganese: 0.03mg (1.61%), Copper: 0.03mg (1.42%), Vitamin C: 0.95mg (1.15%)