



Rum And Coconut Crème Brûlée



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons coconut extract
- ☐ 0.5 cup coconut milk
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup maple syrup
- ☐ 2 tablespoons rum
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 4 teaspoons coconut or sweetened flaked
- ☐ 12 ounce spicy tofu silken-style soft drained (such as Mori-Nu)

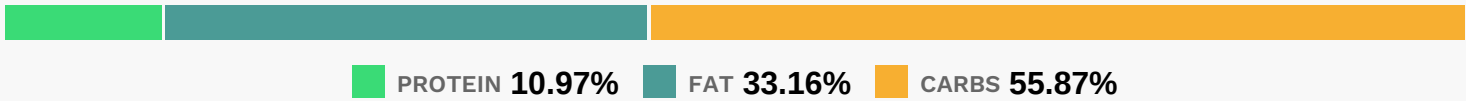
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Place first 7 ingredients in a food processor; process until smooth, scraping sides of processor bowl occasionally.
- ☐ Spoon mixture evenly into 4 (4-ounce) ramekins or custard cups.
- ☐ Place ramekins in an 8-inch square baking dish; add hot water to baking dish to a depth of 1 inch. Cover and bake at 325 for 40 minutes or until a knife inserted near center comes out clean.
- ☐ Remove cups from baking dish; let cool on a wire rack. Cover and chill at least 2 hours.
- ☐ Combine sugar, brown sugar, and coconut; sprinkle evenly over each serving.
- ☐ Place ramekins on a baking sheet; broil 2 minutes or until sugars melt and coconut is lightly browned.

Nutrition Facts



Properties

Glycemic Index:58.4, Glycemic Load:12.95, Inflammation Score:-1, Nutrition Score:6.6226086240748%

Nutrients (% of daily need)

Calories: 320.86kcal (16.04%), Fat: 11.16g (17.17%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 41.11g (14.95%), Sugar: 32.4g (36%), Cholesterol: 0mg (0%), Sodium: 98.94mg (4.3%), Alcohol: 3.35g (100%), Alcohol %: 2.38% (100%), Protein: 8.31g (16.62%), Manganese: 1.2mg (60.07%), Vitamin B2: 0.52mg (30.3%), Calcium: 158.73mg (15.87%), Iron: 2.12mg (11.78%), Magnesium: 24.65mg (6.16%), Potassium: 178.49mg (5.1%), Fiber: 1.2g (4.82%), Copper: 0.08mg (4.23%), Phosphorus: 33.14mg (3.31%), Zinc: 0.48mg (3.23%), Vitamin B1: 0.03mg (2.28%), Selenium: 0.96µg (1.37%), Vitamin B3: 0.26mg (1.31%), Folate: 4.13µg (1.03%)