

Rum Crême Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 tablespoons rum dark
- ☐ 5 large egg yolks
- ☐ 1 cup evaporated milk fat-free
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.7 cup nonfat milk dry
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar

- ☐ 3 tablespoons sugar

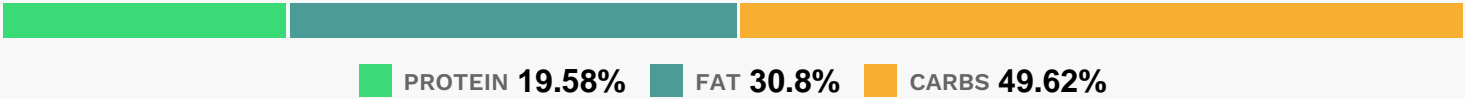
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan
- ☐ blow torch

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 4 ingredients in a medium, heavy saucepan.
- ☐ Heat mixture over medium heat to 180 or until tiny bubbles form around edge (do not boil), stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine 1 teaspoon sugar, salt, and egg yolks in a medium bowl, stirring well with a whisk. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Stir in rum.
- ☐ Divide milk mixture evenly among 6 (4-ounce) ramekins or custard cups.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 50 minutes or until center barely moves when ramekin is touched.
- ☐ Remove ramekins from pan; cool completely on a wire rack. Cover and chill 4 hours or overnight.
- ☐ Sift 1 1/2 teaspoons sugar evenly over each custard. Holding a kitchen blow torch about 2 inches from the top of each custard, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 1 minute).
- ☐ Serve immediately or within 1 hour.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:10.47, Inflammation Score:-4, Nutrition Score:10.263478290776%

Nutrients (% of daily need)

Calories: 236.66kcal (11.83%), Fat: 7.86g (12.09%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 28.49g (10.36%), Sugar: 28.19g (31.32%), Cholesterol: 170.99mg (57%), Sodium: 189.77mg (8.25%), Alcohol: 1.25g (100%), Alcohol %: 1.24% (100%), Protein: 11.24g (22.47%), Calcium: 343.27mg (34.33%), Phosphorus: 305.91mg (30.59%), Vitamin B2: 0.49mg (28.82%), Selenium: 13.61µg (19.45%), Vitamin B12: 1.09µg (18.15%), Vitamin D: 2.27µg (15.16%), Vitamin B5: 1.31mg (13.07%), Vitamin A: 635.32IU (12.71%), Potassium: 436.82mg (12.48%), Zinc: 1.39mg (9.23%), Folate: 32.68µg (8.17%), Vitamin B1: 0.12mg (7.7%), Magnesium: 29.78mg (7.45%), Vitamin B6: 0.13mg (6.69%), Vitamin E: 0.44mg (2.96%), Iron: 0.53mg (2.92%), Vitamin C: 1.78mg (2.16%), Copper: 0.03mg (1.37%), Vitamin B3: 0.25mg (1.24%)