



Salted Caramel Pots de Creme

 Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



490 kcal

DESSERT

Ingredients

- 6 large egg yolks
- 2 cups heavy cream
- 1 ounce chocolate finely chopped
- 0.5 teaspoon sea salt plus more for sprinkling
- 1 cup sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- plastic wrap
- ramekin
- baking pan
- aluminum foil
- measuring cup
- pastry brush

Directions

- Preheat the oven to 325 degrees F.
- Heat the heavy cream, milk, vanilla and salt in a small saucepan over medium heat until just starting to bubble.
- Remove from the heat and cover to keep warm.
- Combine the sugar and 1/4 cup water in another small saucepan over medium heat, stirring just until the sugar dissolves. Cook, swirling the pan occasionally but not stirring, until amber, about 10 minutes.
- Brush any sugar crystals off the side of the pan with a wet pastry brush.
- Remove from the heat and carefully whisk in the warm cream mixture (the mixture will bubble).
- Add the chocolate and stir until smooth.
- Whisk the egg yolks in a medium bowl.
- Whisk about half of the caramel into the yolks, then add the remaining caramel and whisk until smooth. Strain through a fine-mesh sieve into a large liquid measuring cup.
- Divide the mixture among six 6-ounce ramekins. Set the ramekins in a large baking dish, then add enough hot water to come about halfway up the sides of the ramekins. Cover the pan

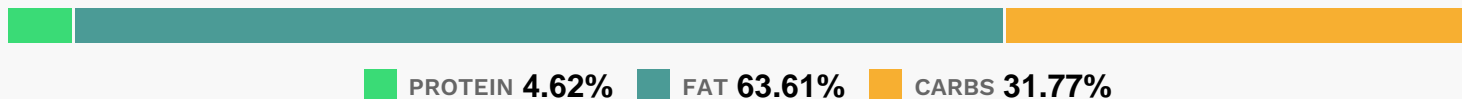
tightly with foil and bake until the pots de creme are set around the edges but still jiggle in the center, 45 to 50 minutes.

Remove the ramekins from the water and let cool to room temperature. Cover with plastic wrap and refrigerate until cold, at least 2 hours or overnight.

Sprinkle with salt.

Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:24.74, Inflammation Score:-6, Nutrition Score:7.4313043511432%

Nutrients (% of daily need)

Calories: 489.92kcal (24.5%), Fat: 35.52g (54.64%), Saturated Fat: 21.2g (132.48%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 39.65g (14.42%), Sugar: 39.13g (43.48%), Cholesterol: 275.69mg (91.9%), Sodium: 232.22mg (10.1%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.12mg (1.04%), Protein: 5.81g (11.61%), Vitamin A: 1444.28IU (28.89%), Selenium: 12.62µg (18.03%), Vitamin B2: 0.28mg (16.76%), Vitamin D: 2.41µg (16.07%), Phosphorus: 139.82mg (13.98%), Calcium: 100.92mg (10.09%), Vitamin B12: 0.57µg (9.47%), Vitamin E: 1.19mg (7.94%), Vitamin B5: 0.79mg (7.9%), Folate: 28.14µg (7.03%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.74mg (4.93%), Potassium: 139.3mg (3.98%), Vitamin B1: 0.06mg (3.88%), Iron: 0.69mg (3.85%), Magnesium: 14.23mg (3.56%), Vitamin K: 3.02µg (2.87%), Copper: 0.05mg (2.59%), Manganese: 0.04mg (1.84%), Fiber: 0.26g (1.04%)