



## Simple Creme Brulee Dessert

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



2

CALORIES



539 kcal

DESSERT

### Ingredients

- 3 egg yolks
- 1 cup heavy cream
- 0.3 teaspoon vanilla extract
- 2 tablespoons sugar white divided

### Equipment

- bowl
- oven
- whisk

- ramekin
- roasting pan
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Whisk 3 tablespoons sugar and cream in a microwave-safe bowl until well combined; heat the mixture in microwave until warm, 1 to 2 minutes, and whisk again to dissolve sugar.
- Whisk in egg yolks and vanilla extract until smooth.
- Pour cream mixture into 2 ramekins. Set ramekins into a roasting pan and pour in enough hot water to reach halfway up the sides of the ramekins.
- Bake in the preheated oven until creme desserts are set but still slightly jiggly when shaken, about 50 minutes.
- Remove ramekins from hot water and chill in refrigerator until cold, at least 2 hours.
- Sprinkle 1 tablespoon of sugar evenly over the top of each dessert. Use a kitchen torch to lightly toast and melt the sugar topping until brown and bubbly, about 30 seconds.
- Let the sugar topping cool before serving. To serve, use a spoon to crack the crisp sugar open to reveal the creamy dessert underneath.

## Nutrition Facts

**PROTEIN 5.61%** **FAT 82.44%** **CARBS 11.95%**

## Properties

Glycemic Index:35.05, Glycemic Load:8.38, Inflammation Score:-7, Nutrition Score:9.7917390660099%

## Nutrients (% of daily need)

Calories: 539.18kcal (26.96%), Fat: 50.15g (77.16%), Saturated Fat: 29.95g (187.18%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 16.36g (5.95%), Sugar: 15.67g (17.41%), Cholesterol: 426.07mg (142.02%), Sodium: 45.26mg (1.97%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.67g (15.35%), Vitamin A: 2138.64IU (42.77%), Selenium: 18.76µg (26.8%), Vitamin D: 3.36µg (22.41%), Vitamin B2: 0.37mg (21.71%), Phosphorus: 174.35mg (17.43%), Vitamin B12: 0.72µg (11.95%), Vitamin E: 1.79mg (11.94%), Calcium: 113.54mg (11.35%), Vitamin B5: 1.11mg (11.11%), Folate: 44.18µg (11.05%), Vitamin B6: 0.14mg (6.81%), Zinc: 0.91mg (6.06%), Iron: 0.86mg (4.79%), Vitamin B1: 0.07mg (4.76%), Potassium: 143.46mg (4.1%), Vitamin K: 4µg (3.81%), Magnesium: 9.74mg (2.44%),

Copper: 0.04mg (1.75%)