



S'more Brulee

READY IN



255 min.

SERVINGS



8

CALORIES



617 kcal

Ingredients

- ☐ 8 large egg yolks
- ☐ 8 servings graham cracker crumbs for garnish
- ☐ 2 cups half-and-half
- ☐ 1 small bag marshmallows mini
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 2 cups whipping cream

Equipment

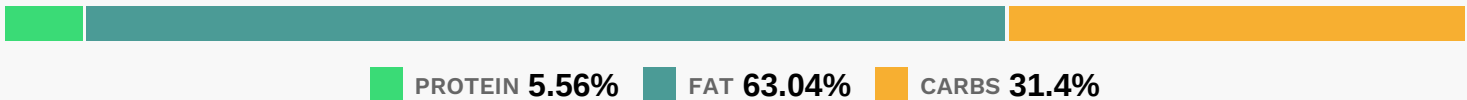
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ blow torch

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Bring cream and half-and-half to a boil in a large heavy saucepan. Reduce heat to low.
- ☐ Add finely chopped chocolate and whisk until melted and very smooth.
- ☐ Remove from heat.
- ☐ In a large bowl, whisk yolks until they are uniform in color. Gradually whisk in half of hot chocolate mixture.
- ☐ Whisk until very smooth. Once the eggs are slightly warmed in this way, gradually add the rest of the hot mixture, whisking all the while. Strain, if desired.
- ☐ Divide custard among 8 (3/4-cup) custard cups.
- ☐ Place cups in large baking pan.
- ☐ Add enough hot water to pan to come halfway up sides of cups.
- ☐ Bake until custards are set, about 50 minutes.
- ☐ Remove from water; chill 3 hours.
- ☐ To finish, top custard with a layer of mini marshmallows. Use a kitchen blowtorch to evenly caramelize the tops of the marshmallow and garnish with graham crackers.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:17.92, Inflammation Score:-7, Nutrition Score:11.856956580411%

Nutrients (% of daily need)

Calories: 617.17kcal (30.86%), Fat: 43.97g (67.65%), Saturated Fat: 25.84g (161.52%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 46.95g (17.07%), Sugar: 35.34g (39.27%), Cholesterol: 273.71mg (91.24%), Sodium: 98.86mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.73g (17.46%), Vitamin A: 1348.13IU (26.96%), Phosphorus: 236.84mg (23.68%), Selenium: 16.22µg (23.18%), Copper: 0.41mg (20.67%), Vitamin B2: 0.34mg (19.74%), Manganese: 0.39mg (19.45%), Magnesium: 62.26mg (15.56%), Calcium: 145.36mg (14.54%), Iron: 2.47mg (13.71%), Vitamin D: 1.87µg (12.47%), Zinc: 1.55mg (10.36%), Vitamin B12: 0.59µg (9.88%), Fiber: 2.34g (9.35%), Vitamin B5: 0.92mg (9.22%), Potassium: 319.2mg (9.12%), Vitamin E: 1.3mg (8.7%), Folate: 29.83µg (7.46%), Vitamin B6: 0.12mg (6.11%), Vitamin B1: 0.07mg (4.78%), Vitamin K: 4.85µg (4.62%), Vitamin B3: 0.41mg (2.06%), Vitamin C: 0.9mg (1.09%)