



Spooky Crème Caramels

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate chips
- ☐ 5 large eggs
- ☐ 3 cups milk
- ☐ 8 servings salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

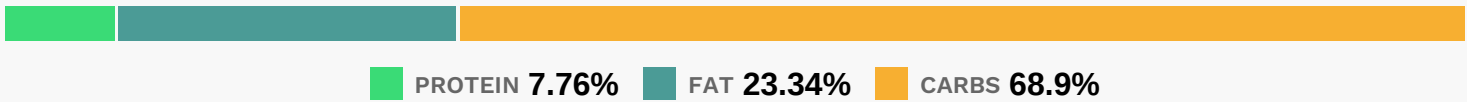
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. In a pan mix 1 1/2 cups sugar and 1/3 cup water. Cook over low heat until sugar dissolves. Raise heat to medium-high; cook for 15 minutes, until mixture turns deep amber, swirling pan every few minutes. Divide caramel between 8 6-oz. ramekins.
- ☐ Warm milk over medium heat until it simmers.
- ☐ Whisk 1/2 cup sugar, eggs, salt and vanilla in a bowl.
- ☐ Whisking constantly, slowly pour in hot milk. Strain, then pour mixture into ramekins over caramel.
- ☐ Place ramekins in a large baking dish.
- ☐ Pour in hot water until it's halfway up sides of ramekins.
- ☐ Bake until set, 50 minutes.
- ☐ Remove ramekins to a rack to cool. Cover each with plastic; chill for 8 hours.
- ☐ Melt chocolate; cool to room temperature. On a parchment-lined baking sheet, draw 8 circles as wide as ramekin bottoms. Turn parchment over.
- ☐ Pour chocolate into a ziplock bag; seal it and snip off a corner. In each circle pipe 5 circles and 8 spokes. Refrigerate to set.
- ☐ Draw a knife around inside edge of ramekin; invert crme caramel onto a plate. Gently lift a web and place on top of custard. Repeat with remaining custards and serve.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:36.53, Inflammation Score:-1, Nutrition Score:5.9947826719802%

Nutrients (% of daily need)

Calories: 349.78kcal (17.49%), Fat: 9.27g (14.27%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 61.59g (22.4%), Sugar: 60.91g (67.68%), Cholesterol: 127.23mg (42.41%), Sodium: 273.48mg (11.89%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.94g (13.88%), Selenium: 11.63µg (16.62%), Vitamin B2: 0.28mg (16.42%), Phosphorus: 154.32mg (15.43%), Calcium: 138.76mg (13.88%), Vitamin B12: 0.77µg (12.87%), Vitamin D: 1.63µg (10.88%), Vitamin B5: 0.82mg (8.21%), Vitamin A: 316.98IU (6.34%), Potassium: 214.3mg (6.12%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.78mg (5.23%), Vitamin B1: 0.06mg (4.25%), Magnesium: 14.8mg (3.7%), Folate: 14.69µg (3.67%), Iron: 0.57mg (3.19%), Vitamin E: 0.37mg (2.49%), Copper: 0.03mg (1.37%)