



WHATSheATE



Sweet Potato Crème Brûlée



Vegetarian



Gluten Free

READY IN



575 min.

SERVINGS



10

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups sweet potatoes and into peeled mashed
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups whipping cream
- ☐ 0.8 cup granulated sugar
- ☐ 7 egg yolk slightly beaten
- ☐ 3 teaspoons vanilla
- ☐ 0.3 cup brown sugar light packed

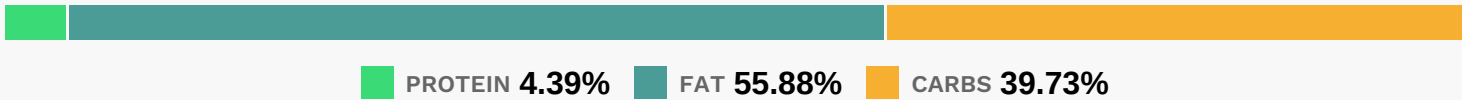
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 325°F. Butter 10-inch quiche dish.* In medium bowl, mix mashed sweet potato, 1/4 cup brown sugar and the lemon juice. Spoon mixture into quiche dish.
- ☐ In 2-quart saucepan, stir together whipping cream, granulated sugar, egg yolks and vanilla. Cook over medium-low heat about 15 minutes, stirring frequently, until hot (do not boil).
- ☐ Pour over sweet potato mixture.
- ☐ Place dish in shallow pan.
- ☐ Place pan in oven.
- ☐ Pour enough boiling water into pan to depth of 3/4 inch (about halfway up side of dish).
- ☐ Bake 1 hour or until knife inserted in center comes out almost clean. Carefully remove dish from water. Cool on cooling rack. Cover; refrigerate at least 8 hours.
- ☐ Set oven control to broil.
- ☐ Sprinkle custard with 1/3 cup brown sugar; place dish in 15x10x1-inch pan. Broil with top 4 to 6 inches from heat 3 to 5 minutes or until sugar is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:12.12, Inflammation Score:-9, Nutrition Score:7.2682609817256%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.01kcal (16.35%), Fat: 20.58g (31.67%), Saturated Fat: 12.15g (75.97%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 32.43g (11.79%), Sugar: 29.76g (33.07%), Cholesterol: 189.87mg (63.29%), Sodium: 31.91mg (1.39%), Alcohol: 0.41g (100%), Alcohol %: 0.49% (100%), Protein: 3.64g (7.28%), Vitamin A: 3240.09IU (64.8%), Selenium: 8.83µg (12.61%), Vitamin B2: 0.17mg (10.02%), Vitamin D: 1.44µg (9.61%), Phosphorus: 85.27mg (8.53%), Vitamin B5: 0.65mg (6.5%), Calcium: 63.68mg (6.37%), Folate: 22.56µg (5.64%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.32µg (5.36%), Vitamin B6: 0.1mg (5.09%), Potassium: 135.67mg (3.88%), Iron: 0.59mg (3.3%), Manganese: 0.06mg (3.1%), Zinc: 0.46mg (3.08%), Vitamin B1: 0.05mg (3.01%), Copper: 0.05mg (2.41%), Magnesium: 9.51mg (2.38%), Fiber: 0.5g (2.01%), Vitamin K: 1.91µg (1.82%), Vitamin C: 1.27mg (1.53%)