



## Tangerine Crème Brûlée



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

## Ingredients

- ☐ 5 large egg yolks
- ☐ 3 large eggs
- ☐ 0.5 cup finely shredded zest from 8 large tangerines (about 1/2 cup) shredded finely
- ☐ 2.5 cups heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar for topping
- ☐ 0.5 cup tangerine juice
- ☐ 1 teaspoon vanilla extract

## Equipment

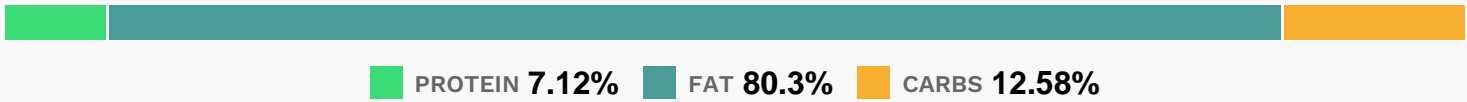
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin
- ☐ roasting pan
- ☐ blow torch
- ☐ aluminum foil
- ☐ broiler
- ☐ measuring cup
- ☐ tongs

## Directions

- ☐ Mix eggs, egg yolks, tangerine juice, and 1/4 cup sugar in a medium bowl until blended. In a medium saucepan, heat cream and zest over medium-low heat, stirring occasionally, until just about to boil.
- ☐ Remove from heat and let steep for 30 minutes. Reheat cream until almost boiling again.
- ☐ Add hot cream to the egg mixture a ladleful at a time, stirring constantly.
- ☐ Add salt and vanilla to hot custard mixture and stir to combine.
- ☐ Pour custard through a fine-mesh strainer into a bowl or measuring cup with a pouring spout.
- ☐ Preheat oven to 35
- ☐ Put 8 ramekins (6 oz. each) in a roasting pan and divide custard among ramekins (about 1/2 cup per ramekin).
- ☐ Add enough boiling water to come about three-quarters up the sides of ramekins. Cover pan with foil.
- ☐ Bake custards until just set, about 20 minutes (start checking early).

- ☐ Remove custards from water bath with tongs and let cool about 20 minutes. Chill custards at least 4 hours.
- ☐ Sprinkle 2 tsp. sugar evenly over each custard. Use a kitchen blowtorch to melt and set the topping\*.
- ☐ Serve immediately.
- ☐ Make ahead: Up to 4 days through step 4, covered with plastic wrap.
- ☐ \*For even browning, rotate custard while flaming. If you have a gas broiler, the custard tops can be broiled, as close to the heating element as possible without touching, but the results will not be as consistent as with a blowtorch. Kitchen torches (from \$3
- ☐ are available online and at cooking-supply stores.

## Nutrition Facts



## Properties

Glycemic Index:12.76, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:7.3726087303265%

## Flavonoids

Hesperetin: 5.22mg, Hesperetin: 5.22mg, Hesperetin: 5.22mg, Hesperetin: 5.22mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 347.84kcal (17.39%), Fat: 31.51g (48.48%), Saturated Fat: 18.71g (116.96%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 10.91g (3.97%), Sugar: 10.23g (11.37%), Cholesterol: 268.54mg (89.51%), Sodium: 197.53mg (8.59%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 6.28g (12.57%), Vitamin A: 1389.83IU (27.8%), Selenium: 14.01µg (20.02%), Vitamin B2: 0.29mg (16.92%), Vitamin D: 2.14µg (14.26%), Phosphorus: 124.97mg (12.5%), Vitamin B5: 0.83mg (8.27%), Vitamin B12: 0.49µg (8.22%), Vitamin C: 6.73mg (8.16%), Vitamin E: 1.19mg (7.92%), Calcium: 78.26mg (7.83%), Folate: 28.55µg (7.14%), Vitamin B6: 0.1mg (5.21%), Zinc: 0.68mg (4.52%), Iron: 0.76mg (4.25%), Potassium: 142.61mg (4.07%), Vitamin B1: 0.05mg (3.45%), Vitamin K: 2.55µg (2.43%), Magnesium: 9.65mg (2.41%), Copper: 0.04mg (1.93%)