



Vanilla Bean Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large egg yolks
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.8 cup nonfat milk dry
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar divided
- ☐ 1 vanilla pod split

Equipment

- ☐ bowl

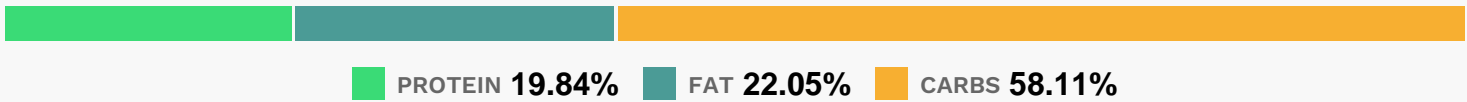
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ blow torch
- ☐ stove

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan.
- ☐ Heat mixture over medium heat to 180 or until tiny bubbles form around edge (do not boil), stirring occasionally.
- ☐ Remove milk mixture from heat. Cover and steep 30 minutes. Scrape seeds from vanilla bean into milk mixture; reserve bean for another use.
- ☐ Preheat oven to 30
- ☐ Combine 1/4 cup sugar, egg yolks, and salt in a medium bowl, stirring well with a whisk. Gradually add milk mixture to egg yolk mixture, stirring constantly with a whisk. Strain mixture through a sieve into a bowl; discard solids.
- ☐ Divide the mixture evenly among 4 (4-ounce) ramekins, custard cups, or shallow baking dishes.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 25 minutes or until center barely moves when ramekin is touched.
- ☐ Remove ramekins from the pan; cool completely on a wire rack. Cover and chill at least 4 hours or overnight.
- ☐ Sift 1 tablespoon sugar evenly over each custard. Holding a kitchen blow torch about 2 inches from the top of each custard, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 1 minute).
- ☐ Serve crme brle immediately or within 1 hour.

- ☐
- Note: If you don't have a kitchen blow torch, you can make the sugar topping on the stovetop.
- ☐
- Place 1/4 cup sugar and 1 tablespoon water in a small, heavy saucepan. Cook over medium heat 5 to 8 minutes or until golden. (Resist the urge to stir, since doing so may cause the sugar to crystallize.) Immediately pour the sugar mixture evenly over cold custards, spreading to form a thin layer.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:13.975217316462%

Nutrients (% of daily need)

Calories: 294.38kcal (14.72%), Fat: 7.28g (11.2%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 43.19g (15.7%), Sugar: 42.72g (47.46%), Cholesterol: 197.54mg (65.85%), Sodium: 193.93mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Calcium: 447.29mg (44.73%), Phosphorus: 392.66mg (39.27%), Vitamin B2: 0.66mg (38.92%), Vitamin B12: 1.86µg (31.06%), Selenium: 18.76µg (26.8%), Vitamin D: 3.39µg (22.62%), Vitamin B5: 1.73mg (17.31%), Vitamin A: 855.78IU (17.12%), Potassium: 586.98mg (16.77%), Zinc: 1.88mg (12.52%), Vitamin B1: 0.17mg (11.29%), Folate: 41.97µg (10.49%), Magnesium: 38.58mg (9.65%), Vitamin B6: 0.19mg (9.28%), Iron: 0.57mg (3.18%), Vitamin E: 0.47mg (3.16%), Vitamin C: 1.77mg (2.14%), Vitamin B3: 0.33mg (1.63%), Manganese: 0.03mg (1.57%), Copper: 0.03mg (1.56%)