



WHATSheATE



Vanilla Bean Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 4 large egg yolks
- ☐ 1 teaspoon granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.8 cup nonfat milk dry
- ☐ 0.1 teaspoon salt
- ☐ 3 inch vanilla pod split

☐ 1.5 teaspoons water

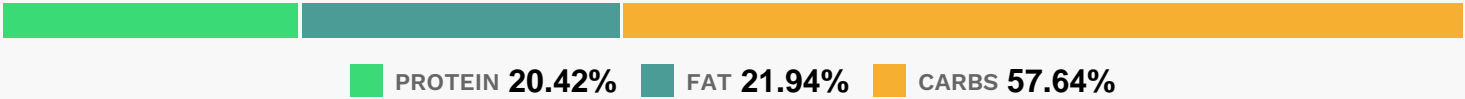
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 3 ingredients in a medium bowl; stir well with a whisk. Set aside.
- ☐ Pour reduced-fat milk into a medium saucepan. Scrape seeds from vanilla bean; add seeds, bean, 3 tablespoons granulated sugar, and dry milk to pan.
- ☐ Heat mixture over medium heat to 180 or until tiny bubbles form around the edge (do not boil), stirring occasionally with a whisk. Discard bean.
- ☐ Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Divide milk mixture evenly among 6 (4-ounce) ramekins or custard cups.
- ☐ 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 1 hour or until center barely moves when ramekin is touched.
- ☐ Remove ramekins from pan; cool completely on a wire rack. Cover and chill at least 4 hours or overnight.
- ☐ Combine brown sugar and water in a 1-cup glass measure. Microwave at HIGH 30 seconds; stir until sugar dissolves. Microwave at HIGH 60 seconds; pour evenly over each dessert, quickly tipping ramekins to coat tops of brles. (There will be a thin layer of melted sugar.)
- ☐ Let harden.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:4.65, Inflammation Score:-4, Nutrition Score:9.445652090337%

Nutrients (% of daily need)

Calories: 194.28kcal (9.71%), Fat: 4.7g (7.23%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 27.78g (10.1%), Sugar: 27.55g (30.61%), Cholesterol: 131.69mg (43.9%), Sodium: 173.92mg (7.56%), Alcohol: 0.44g (100%), Alcohol %: 0.45% (100%), Protein: 9.84g (19.68%), Calcium: 305.9mg (30.59%), Phosphorus: 262.22mg (26.22%), Vitamin B2: 0.44mg (25.9%), Vitamin B12: 1.24µg (20.71%), Selenium: 12.56µg (17.94%), Vitamin D: 2.26µg (15.08%), Vitamin B5: 1.17mg (11.67%), Potassium: 405.2mg (11.58%), Vitamin A: 570.52IU (11.41%), Zinc: 1.26mg (8.37%), Vitamin B1: 0.11mg (7.53%), Folate: 28.07µg (7.02%), Magnesium: 26.71mg (6.68%), Vitamin B6: 0.13mg (6.39%), Iron: 0.44mg (2.46%), Vitamin E: 0.32mg (2.11%), Manganese: 0.03mg (1.47%), Vitamin C: 1.18mg (1.43%), Copper: 0.03mg (1.28%), Vitamin B3: 0.23mg (1.17%)