



Vanilla Crème Brûlée with Raspberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

Ingredients

- 6 large egg yolk
- 12 teaspoons brown sugar packed ()
- 1 pint raspberries fresh
- 6 tablespoons raspberry jam
- 6 tablespoons sugar
- 1 vanilla pod split
- 1.5 cups whipping cream

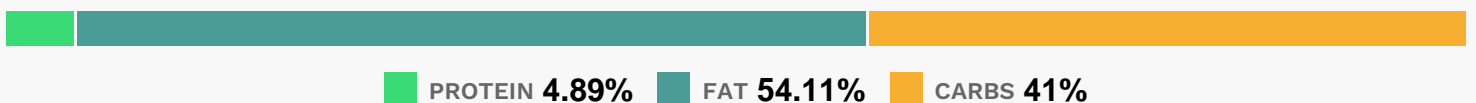
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- sieve
- baking pan
- broiler

Directions

- Preheat oven to 325°F.
- Spread 1 tablespoon jam over bottom of each of six 3/4-cup soufflé dishes or custard cups. Press 7 berries, placed on their sides, into jam in each dish. Reserve remaining raspberries for garnish.
- Whisk yolks and 6 tablespoons sugar in medium bowl to blend. Scrape in seeds from vanilla bean. Gradually whisk in cream. Divide mixture among dishes. Arrange dishes in 13x9x2-inch baking pan.
- Pour enough hot water into pan to come halfway up sides of dishes.
- Bake custards until set in center, about 40 minutes.
- Place pan on work surface. Cool custards in water 30 minutes.
- Remove from water; chill overnight.
- Preheat broiler. Sieve 2 teaspoons brown sugar atop each custard.
- Place dishes on small baking sheet. Broil until sugar just starts to caramelize, rotating sheet for even browning, about 2 minutes. Chill until topping hardens, about 2 hours.
- Garnish with reserved berries.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:16.94, Inflammation Score:-6, Nutrition Score:11.193043542945%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 432.21kcal (21.61%), Fat: 26.67g (41.04%), Saturated Fat: 15.33g (95.78%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 40.13g (14.59%), Sugar: 34.75g (38.62%), Cholesterol: 250.84mg (83.61%), Sodium: 33.77mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin C: 22.78mg (27.61%), Manganese: 0.55mg (27.6%), Vitamin A: 1145.81IU (22.92%), Fiber: 5.35g (21.38%), Selenium: 12.03µg (17.19%), Vitamin B2: 0.25mg (14.65%), Phosphorus: 127.8mg (12.78%), Vitamin D: 1.87µg (12.47%), Folate: 46.04µg (11.51%), Vitamin E: 1.7mg (11.31%), Vitamin B5: 0.93mg (9.34%), Calcium: 91.68mg (9.17%), Vitamin K: 8.17µg (7.79%), Vitamin B12: 0.43µg (7.11%), Iron: 1.23mg (6.83%), Vitamin B6: 0.13mg (6.55%), Potassium: 220.42mg (6.3%), Magnesium: 23.88mg (5.97%), Zinc: 0.88mg (5.87%), Copper: 0.12mg (5.76%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.53mg (2.65%)