



White Chocolate-Cranberry Crème Brûlée

 Gluten Free

READY IN



560 min.

SERVINGS



6

CALORIES



592 kcal

SIDE DISH

Ingredients

- 6 servings garnish: cranberries fresh with edible gold leaf (see "all that glitters," below)
- 5 egg yolks
- 6 servings ice cubes
- 0.5 cup sugar divided
- 1 teaspoon vanilla extract
- 2 cups whipping cream
- 4 ounces chocolate white
- 14 oz whole-berry cranberry sauce canned

Equipment

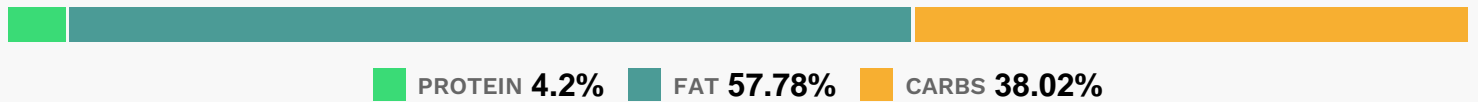
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- sieve
- ramekin
- roasting pan
- broiler

Directions

- Preheat oven to 300.
- Combine 1/2 cup cream and chocolate in a heavy saucepan; cook over low heat, stirring constantly, 2 to 3 minutes or until chocolate is melted.
- Remove from heat. Stir in vanilla and remaining 1 1/2 cups cream.
- Whisk together egg yolks and 1/4 cup sugar until sugar is dissolved and mixture is thick and pale yellow.
- Add cream mixture, whisking until well blended.
- Pour mixture through a fine wire-mesh strainer into a large bowl.
- Spoon 1 1/2 Tbsp. cranberry sauce into each of 6 (4-oz.) ramekins.
- Pour cream mixture into ramekins; place ramekins in a large roasting pan.
- Add water to pan to depth of 1/2 inch.
- Bake at 300 for 45 to 55 minutes or until edges are set. Cool custards in pan on a wire rack 25 minutes.
- Remove ramekins from water; cover and chill 8 hours.
- Preheat broiler with oven rack 5 inches from heat.

- Sprinkle remaining sugar over ramekins. Fill a large roasting pan or 15- x 10-inch jelly-roll pan with ice; arrange ramekins in pan.
- Broil 3 to 5 minutes or until sugar is melted and caramelized.
- Let stand 5 minutes.
- Garnish, if desired.
- Test Kitchen Tip: Filling the roasting pan with ice before broiling keeps the custards cool while caramelizing the tops.
- All That Glitters. Tissue-thin flakes of edible gold leaf add instant glamour to a flurry of holiday garnishes--from fresh cranberries to shards of coarsely chopped white chocolate. It's super easy to apply--just press it on. Order online from surlatable.com, fancyflours.com, or goldleafcompany.com (\$28-\$41). It's a splurge, but when stored in a dry place it will last for years of celebrations to come.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:19.48, Inflammation Score:-6, Nutrition Score:7.8886956753938%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 591.63kcal (29.58%), Fat: 38.84g (59.75%), Saturated Fat: 23.35g (145.94%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 56.71g (20.62%), Sugar: 51.35g (57.05%), Cholesterol: 255.62mg (85.21%), Sodium: 51.98mg (2.26%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 6.35g (12.7%), Vitamin A: 1416.55IU (28.33%), Vitamin B2: 0.3mg (17.62%), Selenium: 12µg (17.14%), Phosphorus: 140.57mg (14.06%), Vitamin D: 2.08µg

(13.86%), Vitamin E: 1.93mg (12.84%), Calcium: 113.3mg (11.33%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.77mg (7.69%), Folate: 27.07µg (6.77%), Vitamin K: 5.34µg (5.09%), Vitamin B6: 0.1mg (5.04%), Potassium: 166.41mg (4.75%), Zinc: 0.7mg (4.69%), Iron: 0.82mg (4.54%), Vitamin B1: 0.06mg (4.29%), Fiber: 0.8g (3.21%), Copper: 0.06mg (3%), Manganese: 0.06mg (2.8%), Magnesium: 10.59mg (2.65%), Vitamin C: 1.37mg (1.66%), Vitamin B3: 0.27mg (1.33%)