



White Chocolate-Cranberry Crème Brûlée

 Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



599 kcal

SIDE DISH

Ingredients

- ☐ 5 egg yolks
- ☐ 6 servings ice cubes
- ☐ 6 servings garnish: sugared cranberries and mint
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream
- ☐ 4 ounces chocolate white
- ☐ 15 oz whole-berry cranberry sauce canned

Equipment

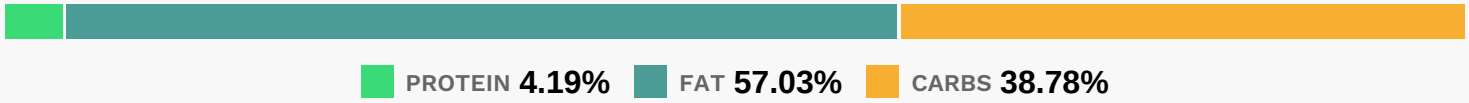
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Combine 1/2 cup cream and white chocolate in a heavy saucepan; cook over low heat, stirring constantly, 2 to 3 minutes or until chocolate is melted.
- ☐ Remove from heat, and 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-and-egg mixture evenly 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 bath; cover and chill 8 hours.
- ☐ Sprinkle 1 1/2 to 2 tsp. remaining sugar evenly over each ramekin. Fill a large roasting pan or 15- x 10- x 1-inch jelly-roll pan with ice; arrange ramekins in pan.
- ☐ Broil 5 inches from heat 3 to 5 minutes or until sugar is melted and caramelized.
- ☐ Let stand 5 minutes.

- ☐ Garnish, if desired.
- ☐ White Chocolate–Banana Creme Brulee: Prepare recipe as directed through Step Slice 2 bananas into 1/4–inch–thick slices; toss bananas with 1/3 cup sugar. Melt 2 Tbsp. butter in a large nonstick skillet over medium–high heat.
- ☐ Add bananas, and cook 1 to 2 minutes on each side or until lightly browned. Line bottoms of 6 (4–oz.) ramekins evenly with banana slices.
- ☐ Pour cream mixture evenly into ramekins; place ramekins in a large roasting pan.
- ☐ Add water to pan to depth of 1/2 inch. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:19.44, Inflammation Score:-6, Nutrition Score:8.0826086324194%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 599.38kcal (29.97%), Fat: 38.85g (59.77%), Saturated Fat: 23.35g (145.96%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 58.55g (21.29%), Sugar: 52.81g (58.67%), Cholesterol: 255.62mg (85.21%), Sodium: 52.51mg (2.28%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 6.42g (12.85%), Vitamin A: 1460.42IU (29.21%), Vitamin B2: 0.3mg (17.82%), Selenium: 12.01µg (17.16%), Phosphorus: 141.38mg (14.14%), Vitamin D: 2.08µg (13.86%), Vitamin E: 1.96mg (13.05%), Calcium: 115.8mg (11.58%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.77mg (7.69%), Folate: 28.25µg (7.06%), Vitamin B6: 0.1mg (5.11%), Vitamin K: 5.36µg (5.1%), Potassium: 172.62mg (4.93%), Iron: 0.88mg (4.92%), Zinc: 0.72mg (4.77%), Vitamin B1: 0.07mg (4.38%), Fiber: 0.9g (3.59%), Manganese: 0.07mg (3.35%), Copper: 0.06mg (3.2%), Magnesium: 11.43mg (2.86%), Vitamin C: 1.6mg (1.94%), Vitamin B3: 0.29mg (1.43%)