



White chocolate crème brûlée



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 568 ml double cream
- ☐ 100 g chocolate white green
- ☐ 1 vanilla extract split
- ☐ 6 egg yolk
- ☐ 2 tbsp brown sugar for topping

Equipment

- ☐ frying pan
- ☐ oven

- ☐ ramekin
- ☐ blow torch
- ☐ grill

Directions

- ☐ Heat the cream, chocolate and vanilla pod in a pan until the chocolate has melted. Take off the heat and allow to infuse for 10 mins, scraping the pod seeds into the cream. If using the vanilla extract, add straight away.
- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Beat yolks and sugar until pale. stir in the chocolate cream. Strain into a jug and pour into ramekins.
- ☐ Place in a deep roasting tray and pour boiling water halfway up the sides.
- ☐ Bake for 15–20 mins until just set with a wobbly centre. Chill in the fridge for at least 4 hrs.
- ☐ To serve, sprinkle some sugar on top of the brles and caramelize with a blowtorch or briefly under a hot grill. Leave caramel to harden, then serve.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:6.43999999198706%

Nutrients (% of daily need)

Calories: 361.45kcal (18.07%), Fat: 33.64g (51.75%), Saturated Fat: 20.23g (126.42%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.33g (4.49%), Sugar: 11.52g (12.8%), Cholesterol: 226.51mg (75.5%), Sodium: 28.62mg (1.24%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Caffeine: 8.25mg (2.75%), Protein: 4.67g (9.33%), Vitamin A: 1244.6IU (24.89%), Selenium: 10.09µg (14.41%), Vitamin B2: 0.24mg (13.86%), Vitamin D: 1.87µg (12.48%), Phosphorus: 112.58mg (11.26%), Calcium: 70.06mg (7.01%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.38µg (6.29%), Vitamin B5: 0.6mg (5.99%), Folate: 22.97µg (5.74%), Magnesium: 20.08mg (5.02%), Copper: 0.09mg (4.58%), Iron: 0.81mg (4.48%), Zinc: 0.67mg (4.47%), Vitamin B6: 0.08mg (3.94%), Manganese: 0.07mg (3.6%), Potassium: 122.99mg (3.51%), Vitamin K: 3.17µg (3.02%), Fiber: 0.69g (2.75%), Vitamin B1: 0.04mg (2.7%)