



White Pepper Crème Brûlée with Fig and Prune Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



607 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple juice
- ☐ 8 large egg yolk
- ☐ 5 ounces figs dried diced
- ☐ 0.5 teaspoon pepper white
- ☐ 0.3 cup half and half
- ☐ 0.5 teaspoon orange zest packed grated ()
- ☐ 5 ounces prune- cut to pieces dried diced pitted

- ☐ 0.5 cup sugar
- ☐ 9 teaspoons sugar raw
- ☐ 1 piece vanilla pod split
- ☐ 2.3 cups whipping cream

Equipment

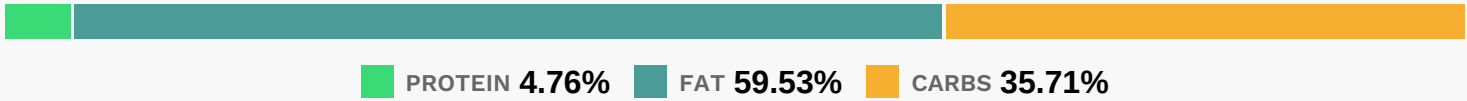
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Combine all ingredients in heavy medium saucepan. Bring to boil, stirring occasionally. Reduce heat to medium-low and simmer gently until figs and prunes are soft, about 10 minutes. Cool compote slightly.
- ☐ Transfer to small bowl. (Compote can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 325°F. Arrange six 3/4-cup ramekins or custard cups in 13x9x2-inch metal baking pan.
- ☐ Combine cream, half and half, and pepper in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring cream mixture to simmer over medium heat. Cover; set aside 10 minutes to steep. Discard vanilla bean.
- ☐ Whisk egg yolks and 1/2 cup sugar in medium bowl to blend. Gradually whisk in warm cream mixture.
- ☐ Divide custard among ramekins.
- ☐ Pour enough hot water into baking pan to come halfway up sides of ramekins.
- ☐ Bake custards until set in center, about 35 minutes.

- ☐ Remove custards from water; refrigerate uncovered until cold, about 2 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Preheat broiler.
- ☐ Sprinkle 1 1/2 teaspoons raw sugar crystals over top of each custard.
- ☐ Place custards on small baking sheet and broil until sugar melts and browns, rotating sheet for even browning, about 3 minutes. Refrigerate custards uncovered until topping hardens, at least 1 hour and up to 3 hours.
- ☐ Serve custards with compote.

Nutrition Facts



Properties

Glycemic Index:45.16, Glycemic Load:25.8, Inflammation Score:-7, Nutrition Score:12.019999991293%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 607.38kcal (30.37%), Fat: 41.43g (63.75%), Saturated Fat: 24.45g (152.82%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 53.35g (19.4%), Sugar: 46.81g (52.01%), Cholesterol: 354.09mg (118.03%), Sodium: 48.33mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin A: 1954.59IU (39.09%), Selenium: 16.24µg (23.21%), Vitamin B2: 0.39mg (23.19%), Phosphorus: 180.58mg (18.06%), Vitamin D: 2.7µg (18.03%), Vitamin K: 18.46µg (17.58%), Calcium: 130.69mg (13.07%), Potassium: 442.54mg (12.64%), Vitamin B5: 1.16mg (11.64%), Vitamin E: 1.61mg (10.71%), Vitamin B6: 0.21mg (10.45%), Fiber: 2.59g (10.36%), Vitamin B12: 0.62µg (10.26%), Folate: 39.63µg (9.91%), Manganese: 0.18mg (9.18%), Vitamin B1: 0.11mg (7.08%), Magnesium: 26.98mg (6.74%), Iron: 1.16mg (6.45%), Zinc: 0.96mg (6.38%), Copper: 0.12mg (6.25%), Vitamin B3: 0.68mg (3.4%), Vitamin C: 2.3mg (2.78%)