FRENCH · DESSERT

Sugar-Free Crème Brûlée

60 min · plus at least 2 hours chilling · Makes 6 × 1 ramekin · 275 kcal a portion
Video 3:18 · ketoserts

Vegetarian · Gluten-free ingredients · Nut-free

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A classic baked custard of cream and egg yolks sweetened only with erythritol: about 2.5 g net carbs a ramekin and no added sugar.

Diet notes: Keto (2.4 g net carbs a serve).

Ingredients

5 · MAKES 6 × 1 RAMEKIN

- [ ] 410 ml **heavy whipping cream**
- [ ] 4 large **egg yolks**
- [ ] 65 g **granulated erythritol**, for the custard
- [ ] 1/2 tsp **vanilla extract**
- [ ] 2–3 tbsp **granulated erythritol**, for the tops (about 1 tsp a ramekin)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150°C and set six 10 cm ramekins in a deep baking dish. Put the kettle on.
2. Heat the cream in a saucepan until hot, without letting it simmer or boil. 0:20
3. Whisk the egg yolks with the 80 ml erythritol and the vanilla. Pour in the hot cream slowly, whisking all the time so the yolks don't scramble. 0:31
4. Divide the custard between the ramekins, then pour boiling water into the dish to come halfway up their sides. 1:20
5. Bake 30–45 minutes, until set at the edges but still a little wobbly in the middle. Lift out of the water, cool, then refrigerate at least 2 hours. 1:37
6. Just before serving, sprinkle about 1 tsp granulated erythritol evenly over each custard and melt it with a kitchen torch until it forms a crisp top. 1:55

> **Tip** Torch the erythritol in short passes until it melts and crisps; it doesn't brown as deeply as sugar. Add the topping just before serving.

The method is a summary in our words — the video shows every step.

One portion (1 ramekin) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
275 kcal	3.3 g	2.4 g	0 g	28 g	30 mg
1,150 kJ	7% of a day	2.4 g net · 2.1 g sugars	0% of a day	17 g saturated	1% of a day
		1% of a day		36% of a day	

Energy from net carbs 3% · protein 5% · fat 92% — fits keto: 2.4 g net carbs, 92% of the energy from fat

High in (20%+ of a day) Vitamin A 37%

Source of (10–19%) Vitamin B12 15% · Selenium 15% · Omega-3 14%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=wtO1s0QiuTU, published 23 January 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-creme-brulee