

Keto Chocolate Creme Brûlée

Hands-on 20 minutes Overall 4 hours

Nutritional values (per serving, 1 creme brûlée): Total carbs: 7.4 g, Fiber: 1.3 g,

Net carbs: 6 g, Protein: 6.2 g, Fat: 46.2 g, Calories: 465 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 3 servings)

1 cup heavy whipping cream *or* [coconut milk](#) (240 ml/ 8 fl oz)

1 vanilla pod, 2 tsp sugar-free [vanilla extract](#) *or* 1/2 tsp [vanilla powder](#)

3 large egg yolks, room temperature

3 1/2 tbsp granulated [Erythritol](#) *or* [Swerve](#), divided (35 g/ 1.2 oz)

6 large squares [90% dark chocolate](#) such as Lindt, chopped into pieces (60 g/ 2.1 oz)

Optional: pinch of sea salt and more grated chocolate or cacao nibs on top

Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Sit three 1/2 cup (120 ml/ 4 fl oz) ramekins in a deep roasting tin (deep enough to cover the height of the ramekins).
2. Add the cream or coconut milk to a pan. Place the vanilla pod on a chopping board and slice lengthways with a sharp to split it in two. Use the tip of the knife to scrape out all the seeds into the cream. Add the vanilla pod as well, and place to one side whilst you make the next step. Option to use vanilla powder or essence.
3. Whisk the egg yolks with sweetener (reserve 1 tablespoon for topping) using an electric whisk until slightly fluffy.
4. Heat the cream on a medium heat until bubbles appear around the edge.
5. Remove the cream from the heat, discard the vanilla pod if using one and take approximately 1/8 cup of the cream mix and whisk it into the egg yolks using a hand balloon whisk. Make sure you do this step as it stops the eggs splitting.
6. Whisk the egg mixture into the cream, stirring continuously.
7. Place the mixture back in the pan and add the chocolate. Stir on a medium heat until the chocolate melts and is combined. Option to add a tiny pinch of salt if you like salted chocolate.
8. Pour the chocolate custard into each ramekin (*do not overfill* the ramekins, they should be no more than three quarters full).
9. Add 1 to 2 cups of boiling water to the tray until it reaches no more than quarter way up the ramekins. (Alternatively, place another baking dish filled with 1 to 2 cups of water in the bottom of the oven. The hot steam will prevent the tops of the creme brûlée from cracking.) Careful not to splash any into the ingredients.
10. Lay a baking sheet over the top of the tin leaving a small gap at one side to allow air to circulate. Bake in the oven for about 30 minutes or until the centre retains a slight wobble.
11. Remove from the water and allow to cool for about 2 minutes. Cover with clingfilm and place in the fridge for 3 - 4 hours to set, or overnight. Leaving overnight won't affect the end result.
12. Add 1 tsp of granulated sweetener or choice to the top, finish with a very fine spray of water to dampen the sugar and using a creme brûlée torch carefully melt it until it goes like toffee. Alternatively, place under a broiler to caramelize.
13. Top with grated dark chocolate or some cacao nibs. If you allow the creme brûlées to reach room temperature they go a little softer like in the picture. Yum! Store in the fridge, covered, for up to 4 days.

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