



Bacon and Cheese Custards

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



214 kcal

Ingredients

- ☐ 2 large egg whites
- ☐ 3 large eggs
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup bell pepper red finely chopped

- ☐ 0.3 cup swiss cheese shredded reduced-fat
- ☐ 4 slices bacon

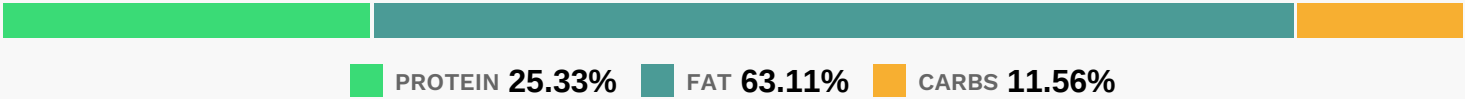
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a medium nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Reserve 1 tablespoon drippings in pan; increase heat to medium-high.
- ☐ Add bell pepper and garlic; saut 3 minutes.
- ☐ Add green onions; saut 1 minute.
- ☐ Remove from heat; stir in crumbled bacon and Swiss cheese. Divide the bacon mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Heat 2 cups milk in a saucepan over medium heat to 180 or until tiny bubbles form around the edge (do not boil).
- ☐ Place Parmigiano-Reggiano and the remaining ingredients in a large bowl; stir with a whisk. Gradually add the hot milk to egg mixture, stirring constantly with a whisk. Divide egg mixture evenly among ramekins.
- ☐ Place the ramekins in a roasting pan, and add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 32 minutes or until the center barely moves when the ramekin is touched.
- ☐ Remove ramekins from pan; let stand 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:10.2617392229%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 214.4kcal (10.72%), Fat: 14.91g (22.95%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.82g (5.36%), Cholesterol: 120.07mg (40.02%), Sodium: 427.05mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.94%), Selenium: 18.57µg (26.53%), Phosphorus: 230.19mg (23.02%), Calcium: 225.87mg (22.59%), Vitamin B2: 0.38mg (22.24%), Vitamin K: 18.04µg (17.18%), Vitamin C: 12.66mg (15.35%), Vitamin B12: 0.92µg (15.34%), Vitamin A: 625.47IU (12.51%), Vitamin B6: 0.19mg (9.4%), Zinc: 1.4mg (9.34%), Vitamin B5: 0.87mg (8.75%), Vitamin B1: 0.12mg (8.09%), Potassium: 265.91mg (7.6%), Folate: 25.99µg (6.5%), Vitamin B3: 1.22mg (6.1%), Magnesium: 22.71mg (5.68%), Iron: 0.78mg (4.36%), Vitamin D: 0.62µg (4.15%), Vitamin E: 0.59mg (3.95%), Manganese: 0.06mg (3.16%), Copper: 0.05mg (2.49%), Fiber: 0.42g (1.69%)