

**8%**  
HEALTH SCORE

## Baked Caramel Custard

 **Gluten Free**

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**250 kcal**

DESSERT

### Ingredients

- 1 cup egg substitute
- 1 egg yolk
- 1.5 cups evaporated skim milk
- 2 teaspoons port wine
- 1.5 cups skim milk
- 1 cup sugar
- 2 tablespoons sugar
- 2 teaspoons vanilla

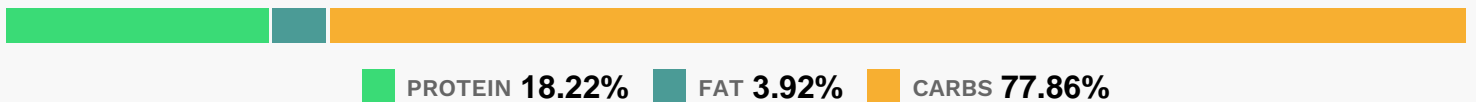
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees. Scald the milks together in a heavy saucepan.
- Remove from the heat. Caramelize the sugar in a skillet over medium heat until it melts and turns brown. Slowly add the milks to the sugar, stirring constantly until the sugar dissolves. In a medium bowl, beat the egg substitute and egg yolk together until it is lemon-colored.
- Add the milk mixture, port, and vanilla and stir well.
- Pour the mixture into 6 custard cups and place them into a baking dish.
- Pour boiling water into the baking dish so that the water comes halfway up the sides of the cups.
- Place in the oven and bake until set, about 35 to 40 minutes.
- Remove the custard cups from the oven and cool completely in the refrigerator. When they are chilled, place a dessert plate on top of each custard cup and invert.
- Serve immediately. This recipe yields 6 servings. Serving size: 1/2 cup.

## Nutrition Facts



## Properties

Glycemic Index:28.91, Glycemic Load:27.06, Inflammation Score:-4, Nutrition Score:9.9026086956522%

## Flavonoids

Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg, Malvidin: 1.56mg

Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 100%, Saltiness: 29.01%, Sourness: 15.22%, Bitterness: 9.65%, Savoriness: 23.07%, Fattiness: 30.36%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 249.81kcal (12.49%), Fat: 1.09g (1.68%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 48.78g (17.74%), Sugar: 48.76g (54.18%), Cholesterol: 36.8mg (12.27%), Sodium: 180.39mg (7.84%), Alcohol: 0.71g (3.94%), Protein: 11.41g (22.83%), Selenium: 21.26µg (30.37%), Calcium: 300.17mg (30.02%), Vitamin B2: 0.46mg (26.88%), Phosphorus: 231.07mg (23.11%), Vitamin D: 2.76µg (18.37%), Vitamin B5: 1.45mg (14.46%), Vitamin B12: 0.7µg (11.72%), Potassium: 407.47mg (11.64%), Vitamin A: 510.37IU (10.21%), Zinc: 1.32mg (8.79%), Vitamin B1: 0.12mg (7.79%), Magnesium: 31.09mg (7.77%), Vitamin B6: 0.13mg (6.74%), Iron: 1.08mg (6.02%), Vitamin E: 0.71mg (4.76%), Folate: 17.77µg (4.44%), Copper: 0.03mg (1.34%), Vitamin B3: 0.25mg (1.25%), Vitamin C: 0.97mg (1.17%)