



Baked Citrus Custards With Raspberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

DESSERT

Ingredients

- 4 large eggs
- 2 tablespoons flour all-purpose
- 2.5 tablespoons brown sugar light
- 1.8 cups milk 2% reduced-fat
- 2 teaspoons orange zest grated
- 12 ounce raspberries unsweetened frozen thawed
- 0.1 teaspoon salt
- 0.5 cup sugar

- 1 teaspoon vanilla extract
- 3 tablespoons water

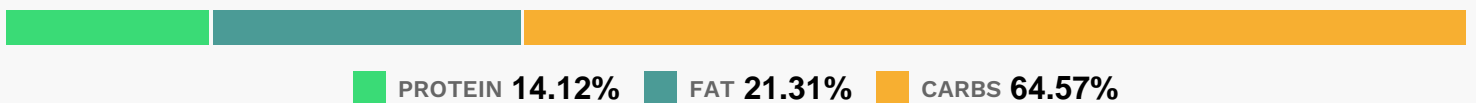
Equipment

- bowl
- oven
- whisk
- wire rack
- blender
- ramekin

Directions

- Heat oven to 37
- Place first 7 ingredients (through milk) in a large bowl, and whisk until smooth.
- Pour into six 4-ounce ramekins coated with cooking spray.
- Bake for 25 minutes or until golden brown. Cool on a wire rack to lukewarm.
- Meanwhile, combine the frozen raspberries, brown sugar, and water in a blender; puree. Cover and chill until custard is ready.
- Serve custard with raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:13.81, Inflammation Score:-3, Nutrition Score:9.3378261794215%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg

0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg
Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg
Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg,
Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg,
Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 206.4kcal (10.32%), Fat: 4.98g (7.66%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 33.95g (11.32%), Net
Carbohydrates: 30.13g (10.96%), Sugar: 27.69g (30.76%), Cholesterol: 129.51mg (43.17%), Sodium: 130.77mg
(5.69%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.43g (14.85%), Manganese: 0.42mg (21.07%),
Vitamin C: 15.9mg (19.27%), Vitamin B2: 0.32mg (18.7%), Selenium: 13.08µg (18.69%), Fiber: 3.82g (15.29%),
Phosphorus: 148.85mg (14.88%), Calcium: 121.53mg (12.15%), Vitamin B12: 0.66µg (11.02%), Vitamin B5: 0.96mg
(9.64%), Folate: 35.84µg (8.96%), Potassium: 240.05mg (6.86%), Zinc: 1.02mg (6.82%), Iron: 1.15mg (6.42%),
Magnesium: 25.35mg (6.34%), Vitamin B6: 0.12mg (5.93%), Vitamin E: 0.87mg (5.78%), Vitamin A: 271.72IU (5.43%),
Vitamin B1: 0.08mg (5.25%), Vitamin K: 4.67µg (4.45%), Vitamin D: 0.67µg (4.44%), Copper: 0.09mg (4.43%),
Vitamin B3: 0.59mg (2.95%)