



## Baked Custard

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



143 kcal

DESSERT

### Ingredients

- 3 large eggs slightly beaten
- 0.3 cup sugar
- 1 teaspoon vanilla
- 1 Dash salt
- 2.5 cups milk (120°F to 130°F)
- 1 serving nutmeg

### Equipment

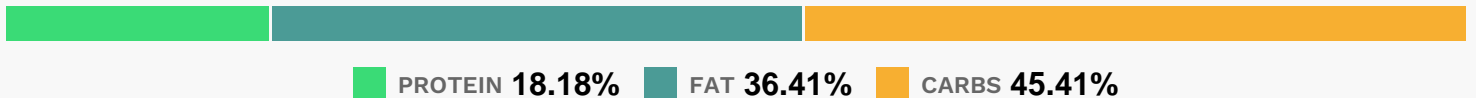
- bowl

- frying pan
- oven
- knife
- whisk

## Directions

- Heat oven to 350°F.
- In medium bowl, beat eggs, sugar, vanilla and salt with wire whisk or fork. Gradually stir in milk.
- Pour into six 6-ounce custard cups.
- Sprinkle with nutmeg.
- Place cups in 13x9-inch pan on oven rack.
- Pour very hot water into pan to within 1/2 inch of tops of cups (see box, below).
- Bake about 45 minutes or until knife inserted halfway between center and edge comes out clean.
- Remove cups from water. Cool about 30 minutes. Unmold and serve warm, or refrigerate and unmold before serving. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:29.68, Glycemic Load:9.63, Inflammation Score:-2, Nutrition Score:5.6939129924159%

## Nutrients (% of daily need)

Calories: 143.2kcal (7.16%), Fat: 5.79g (8.9%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 16.17g (5.88%), Sugar: 16.25g (18.06%), Cholesterol: 105.2mg (35.07%), Sodium: 80.82mg (3.51%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 6.5g (13.01%), Phosphorus: 152.93mg (15.29%), Vitamin B2: 0.26mg (15.15%), Calcium: 139.85mg (13.99%), Selenium: 9.68µg (13.83%), Vitamin B12: 0.77µg (12.86%), Vitamin D: 1.62µg (10.79%), Vitamin B5: 0.76mg (7.63%), Vitamin A: 300.04IU (6%), Potassium: 189.38mg (5.41%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.75mg (4.99%), Vitamin B1: 0.07mg (4.54%), Magnesium: 15.89mg (3.97%), Folate: 12µg (3%), Iron: 0.45mg (2.52%), Vitamin E: 0.31mg (2.09%), Copper: 0.02mg (1.19%), Manganese: 0.02mg (1.14%)