

Taste of Home

Baked Custard for Two

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



183 kcal

DESSERT

Ingredients

- 1 large eggs
- 1 cup milk whole
- 3 tablespoons sugar
- 0.8 teaspoon vanilla extract
- 0.1 teaspoon salt
- 0.1 teaspoon nutmeg

Equipment

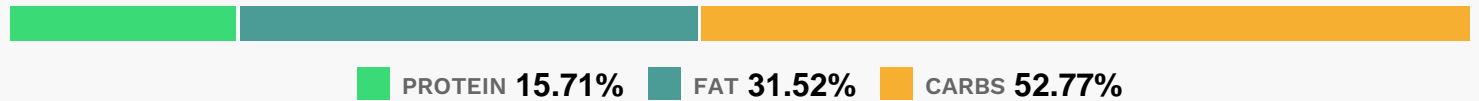
- bowl

- oven
- knife
- baking pan

Directions

- In a bowl, lightly beat the egg. Stir in the milk, sugar, vanilla and salt until combined.
- Pour into 2 ungreased 6-oz. custard cups.
- Sprinkle with nutmeg.
- Place in an 8-in. square baking dish; add 1 in. of hot water to the pan.
- Bake at 350° until a knife comes out clean, 35 minutes.

Nutrition Facts



Properties

Glycemic Index:89.05, Glycemic Load:14.76, Inflammation Score:-2, Nutrition Score:6.3347825851777%

Nutrients (% of daily need)

Calories: 183.23kcal (9.16%), Fat: 6.39g (9.82%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 24.03g (8.74%), Sugar: 24.15g (26.83%), Cholesterol: 107.64mg (35.88%), Sodium: 227.54mg (9.89%), Alcohol: 0.52g (100%), Alcohol %: 0.39% (100%), Protein: 7.16g (14.32%), Phosphorus: 173.08mg (17.31%), Vitamin B2: 0.29mg (16.91%), Calcium: 164.73mg (16.47%), Vitamin B12: 0.88µg (14.69%), Selenium: 10.1µg (14.43%), Vitamin D: 1.84µg (12.28%), Vitamin B5: 0.84mg (8.39%), Vitamin A: 332.77IU (6.66%), Potassium: 220.55mg (6.3%), Vitamin B6: 0.12mg (5.88%), Zinc: 0.83mg (5.53%), Vitamin B1: 0.08mg (5.26%), Magnesium: 18.05mg (4.51%), Folate: 11.85µg (2.96%), Iron: 0.45mg (2.52%), Vitamin E: 0.32mg (2.16%), Copper: 0.02mg (1.15%)