



## Baked Custard with Allspice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

DESSERT

### Ingredients

- 2 large egg yolks
- 2 large eggs
- 0.3 teaspoon ground allspice
- 2 cups milk
- 1 pinch salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

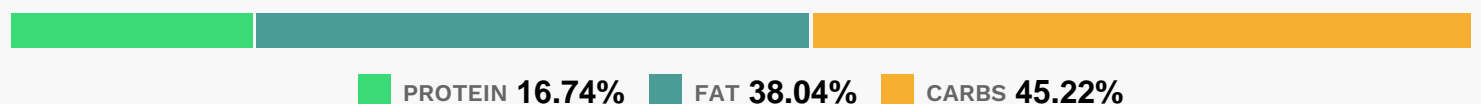
### Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- ramekin
- roasting pan
- measuring cup

## Directions

- Heat the oven to 32
- Bring water to a simmer for the water bath. In a medium saucepan, bring the milk almost to a simmer, stirring occasionally.
- In a medium bowl, whisk together the eggs, egg yolks, sugar, and salt until just combined.
- Pour the hot milk over the egg mixture, whisking. Stir in the vanilla. Strain the custard into a large measuring cup or pitcher and skim any foam from the surface.
- Divide the custard among four 6-ounce custard cups or ramekins.
- Sprinkle the tops with the allspice and put them into a small roasting pan.
- Pour enough of the simmering water into the roasting pan to reach about halfway up the side of the custard cups. Carefully transfer the roasting pan to the middle of the oven and bake until a knife stuck in the center of the custard comes out clean, 45 minutes to 1 hour.
- Remove the cups from the water bath and let cool. Refrigerate until cold, at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:30.77, Glycemic Load:13.81, Inflammation Score:-2, Nutrition Score:7.8634783656377%

## Nutrients (% of daily need)

Calories: 203.7kcal (10.18%), Fat: 8.6g (13.23%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 22.97g (8.35%), Sugar: 22.77g (25.3%), Cholesterol: 199.44mg (66.48%), Sodium: 95.98mg (4.17%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 8.51g (17.02%), Selenium: 14.86µg (21.22%), Phosphorus: 206.07mg (20.61%), Vitamin B2: 0.33mg (19.51%), Calcium: 176.13mg (17.61%), Vitamin B12: 1.05µg (17.45%), Vitamin D: 2.3µg (15.34%), Vitamin B5: 1.09mg (10.93%), Vitamin A: 455.89IU (9.12%), Vitamin B6: 0.15mg (7.36%), Zinc: 1.02mg (6.82%), Potassium: 229.89mg (6.57%), Vitamin B1: 0.09mg (6.23%), Folate: 24.2µg (6.05%), Magnesium: 18.35mg (4.59%), Iron: 0.69mg (3.82%), Vitamin E: 0.54mg (3.62%), Copper: 0.03mg (1.42%), Manganese: 0.02mg (1.16%)