



Baked Egg Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup firmly brown sugar packed
- 2 egg whites
- 2 eggs
- 0.3 teaspoon ground nutmeg
- 3 cups milk 2% low-fat
- 0.3 cup sugar
- 2 teaspoons vanilla extract

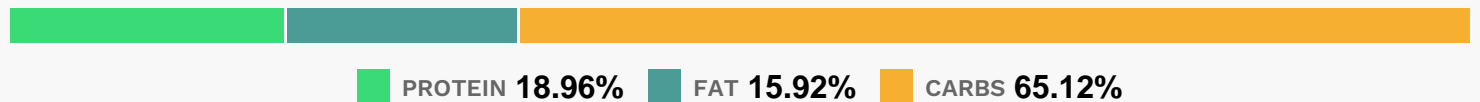
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap

Directions

- Heat milk over medium-high heat in a heavy saucepan to 180 or until tiny bubbles form around edge. (Do not boil).
- Remove from heat; set aside.
- Combine eggs and egg whites in a large bowl; beat well with a wire whisk.
- Add sugars; beat well with a wire whisk. Gradually add milk to egg mixture beating constantly. Stir in extracts.
- Spoon 1/2 cup egg mixture into each of 8 (6-ounce) custard cups; sprinkle with nutmeg.
- Place 4 custard cups in each of 2 (9-inch) round cakepans; add hot water to each pan to a depth of 1 inch.
- Bake at 325 for 45 minutes or until set.
- Remove custard cups from pans; cool to room temperature. Cover with plastic wrap; chill.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:4.3717391094112%

Nutrients (% of daily need)

Calories: 111.8kcal (5.59%), Fat: 1.94g (2.99%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.87g (6.5%), Sugar: 17.57g (19.52%), Cholesterol: 45.35mg (15.11%), Sodium: 64.69mg (2.81%),

Alcohol: 0.43g (100%), Alcohol %: 0.45% (100%), Protein: 5.21g (10.41%), Calcium: 124.22mg (12.42%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 114.54mg (11.45%), Vitamin B12: 0.64µg (10.74%), Selenium: 6.86µg (9.8%), Vitamin D: 1.19µg (7.96%), Potassium: 179.46mg (5.13%), Vitamin B5: 0.51mg (5.12%), Vitamin A: 232.92IU (4.66%), Vitamin B6: 0.08mg (3.77%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.53mg (3.53%), Magnesium: 13.65mg (3.41%), Folate: 7.36µg (1.84%), Iron: 0.25mg (1.41%)