



Baked Honey Custards

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

DESSERT

Ingredients

- 2 dates pitted
- 4 large egg yolks
- 0.5 cup honey (see notes)
- 1 strips lemon zest thin
- 1 teaspoon vanilla
- 1.5 cups whipping cream
- 0.5 cup milk whole

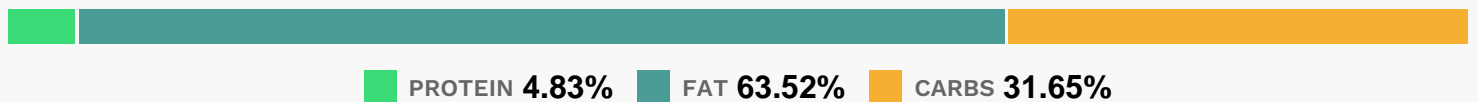
Equipment

- bowl
- frying pan
- oven
- whisk
- sieve
- ramekin
- aluminum foil
- spatula

Directions

- In a bowl, whisk together egg yolks and honey until well blended, then whisk in cream, milk, and vanilla.
- Pour mixture through a fine strainer into another bowl; discard residue.
- Pour into four ramekins (3/4-cup capacity). Set in a 9- by 13-inch pan (with at least 2-in. sides). Set pan on rack in a 325 oven.
- Pour boiling water around ramekins almost to top of custards. Cover pan with foil, turning back 1 inch at each corner to release steam.
- Bake until custards jiggle only slightly in the center when gently shaken, 50 to 55 minutes. With a wide spatula, lift dishes from water and transfer to a rack.
- Let custards cool completely, then cover and chill until cold, about 2 hours, or up to 2 days.
- Garnish with slivered dates and lemon peel.

Nutrition Facts



Properties

Glycemic Index:35.57, Glycemic Load:19.97, Inflammation Score:-7, Nutrition Score:8.3673912701399%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 518.18kcal (25.91%), Fat: 37.72g (58.02%), Saturated Fat: 22.72g (142%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 41.89g (15.23%), Sugar: 41.31g (45.9%), Cholesterol: 288.11mg (96.04%), Sodium: 45.72mg (1.99%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 6.46g (12.91%), Vitamin A: 1607IU (32.14%), Selenium: 13.22µg (18.89%), Vitamin B2: 0.32mg (18.78%), Vitamin D: 2.68µg (17.88%), Phosphorus: 152.82mg (15.28%), Calcium: 122.7mg (12.27%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 0.9mg (9%), Vitamin E: 1.28mg (8.52%), Folate: 29.93µg (7.48%), Vitamin B6: 0.13mg (6.3%), Potassium: 195.94mg (5.6%), Zinc: 0.84mg (5.57%), Vitamin B1: 0.07mg (4.46%), Iron: 0.77mg (4.28%), Magnesium: 13.27mg (3.32%), Vitamin K: 3.16µg (3.01%), Manganese: 0.06mg (2.84%), Copper: 0.05mg (2.33%), Fiber: 0.39g (1.57%), Vitamin C: 1.08mg (1.31%)