



Baked Pumpkin Custard from EAGLE BRAND®

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



310 kcal

Ingredients

- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 3 large eggs
- ☐ 6 servings ground cinnamon
- ☐ 1 cup pumpkin 100% pure
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 6 servings whipped cream sweetened
- ☐ 1 teaspoon vanilla extract

☐ 1.3 cups milk whole

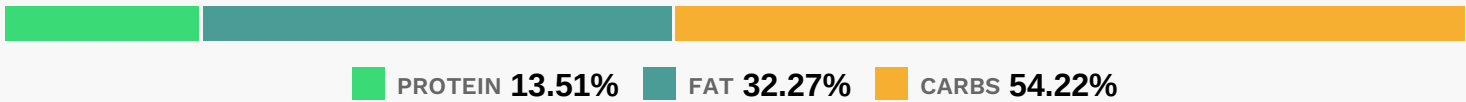
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Whisk eggs in large bowl. Stir in pumpkin and pumpkin pie spice until blended.
- ☐ Whisk in sweetened condensed milk, milk, vanilla and salt until blended.
- ☐ Pour into 6 (6-ounce) custard cups.
- ☐ Place custard cups in a 13 x 9-inch baking dish.
- ☐ Place dish on oven rack in center of oven.
- ☐ Pour boiling water into pan around custard cups to a depth of 1 1/4 inches.
- ☐ Bake 35 minutes or until centers are almost set.
- ☐ Remove custard cups from baking dish and cool on wire rack.
- ☐ Serve warm or cold. Top with whipped cream and sprinkle with cinnamon just before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:24.19, Inflammation Score:-8, Nutrition Score:12.557391187419%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 309.64kcal (15.48%), Fat: 11.31g (17.4%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 41.51g (15.1%), Sugar: 39.87g (44.3%), Cholesterol: 126.56mg (42.19%), Sodium: 238.2mg (10.36%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 10.66g (21.31%), Vitamin A: 2093.61IU (41.87%), Calcium: 302.26mg (30.23%), Vitamin B2: 0.49mg (28.92%), Phosphorus: 287.38mg (28.74%), Selenium: 18.75µg (26.78%), Manganese: 0.47mg (23.38%), Vitamin B12: 0.82µg (13.73%), Potassium: 448.74mg (12.82%), Vitamin B5: 1.16mg (11.65%), Zinc: 1.3mg (8.67%), Vitamin D: 1.25µg (8.35%), Magnesium: 31.65mg (7.91%), Vitamin B1: 0.11mg (7.53%), Vitamin B6: 0.13mg (6.44%), Folate: 22.54µg (5.63%), Iron: 0.99mg (5.49%), Fiber: 1.23g (4.93%), Vitamin E: 0.69mg (4.63%), Vitamin C: 3.65mg (4.43%), Copper: 0.06mg (3.17%), Vitamin B3: 0.38mg (1.88%), Vitamin K: 1.73µg (1.64%)