



## Caramel Custard

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



256 kcal

DESSERT

### Ingredients

- 1.5 cups sugar divided
- 6 large eggs room temperature
- 3 cups milk whole
- 2 teaspoons vanilla extract

### Equipment

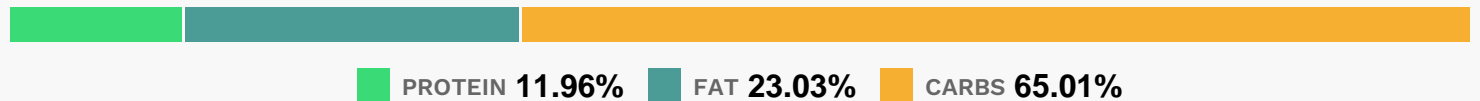
- bowl
- sauce pan
- oven

- knife
- baking pan

## Directions

- In a large heavy saucepan, cook and stir 3/4 cup sugar over low heat until melted and golden.
- Pour into eight 6-oz. custard cups, tilting to coat bottom of each cup; let stand for 10 minutes.
- In a large bowl, beat the eggs, milk, vanilla and remaining sugar until blended but not foamy.
- Pour over caramelized sugar.
- Place the cups in two 8-in. square baking pans.
- Pour very hot water in pans to a depth of 1 in.
- Bake at 350° until a knife inserted in the center comes out clean, 40–45 minutes.
- Remove from pans to cool on wire racks.
- To unmold, run a knife around rims of cups and invert onto dessert plates.
- Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:27.8, Inflammation Score:-2, Nutrition Score:6.4821739041287%

## Nutrients (% of daily need)

Calories: 255.78kcal (12.79%), Fat: 6.61g (10.18%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 42.02g (15.28%), Sugar: 42.09g (46.77%), Cholesterol: 150.48mg (50.16%), Sodium: 88.49mg (3.85%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 7.73g (15.45%), Selenium: 13.48µg (19.25%), Vitamin B2: 0.31mg (17.98%), Phosphorus: 166.73mg (16.67%), Vitamin B12: 0.83µg (13.8%), Calcium: 134.03mg (13.4%), Vitamin D: 1.76µg (11.71%), Vitamin B5: 0.92mg (9.17%), Vitamin A: 350.73IU (7.01%), Vitamin B6: 0.12mg (5.99%), Zinc: 0.86mg (5.76%), Potassium: 191.23mg (5.46%), Vitamin B1: 0.07mg (4.42%), Folate: 17.63µg (4.41%), Magnesium: 15.6mg (3.9%), Iron: 0.68mg (3.76%), Vitamin E: 0.44mg (2.93%), Copper: 0.03mg (1.56%)