



## Caramel Custard



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



203 kcal

DESSERT

## Ingredients

- ☐ 0.5 cup sugar
- ☐ 3 eggs slightly beaten
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups milk
- ☐ 1 serving nutmeg

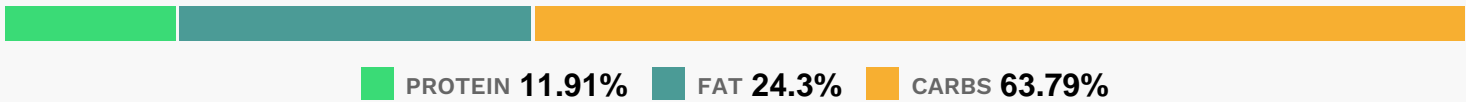
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ spatula

## Directions

- ☐ Heat oven to 350°F.
- ☐ Heat 1/2 cup sugar in heavy 1-quart saucepan over low heat, stirring constantly, until sugar is melted and golden brown. Divide sugar syrup among six 6-ounce custard cups; tilt cups to coat bottoms. Allow syrup to harden in cups about 10 minutes.
- ☐ Mix eggs, 1/3 cup sugar, the vanilla and salt in medium bowl. Gradually stir in milk.
- ☐ Pour over syrup in cups.
- ☐ Sprinkle with nutmeg.
- ☐ Place cups in rectangular pan, 13x9x2 inches, on oven rack.
- ☐ Pour very hot water into pan to within 1/2 inch of tops of cups.
- ☐ Bake about 45 minutes or until knife inserted halfway between center and edge comes out clean.
- ☐ Remove cups from water. Cool 30 minutes. Cover and refrigerate until serving or up to 48 hours.
- ☐ To unmold, carefully loosen side of custard with knife or small spatula.
- ☐ Place dessert dish or plate on top of cup and, holding tightly, turn dish and cup upside down. Shake cup gently to loosen custard. Caramel syrup will run down sides of custard, forming a sauce.

## Nutrition Facts



## Properties

Glycemic Index:41.36, Glycemic Load:21.26, Inflammation Score:-2, Nutrition Score:5.4404347724403%

Nutrients (% of daily need)

Calories: 203.07kcal (10.15%), Fat: 5.56g (8.55%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 32.75g (11.91%), Sugar: 32.87g (36.53%), Cholesterol: 94.04mg (31.35%), Sodium: 118.71mg (5.16%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 6.13g (12.25%), Phosphorus: 146.99mg (14.7%), Vitamin B2: 0.25mg (14.53%), Calcium: 138.36mg (13.84%), Selenium: 8.86µg (12.65%), Vitamin B12: 0.74µg (12.41%), Vitamin D: 1.56µg (10.39%), Vitamin B5: 0.72mg (7.17%), Vitamin A: 283.84IU (5.68%), Potassium: 185.58mg (5.3%), Vitamin B6: 0.1mg (5.01%), Zinc: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.46%), Magnesium: 15.53mg (3.88%), Folate: 10.59µg (2.65%), Iron: 0.41mg (2.28%), Vitamin E: 0.28mg (1.88%), Copper: 0.02mg (1.14%), Manganese: 0.02mg (1.13%)