

Caramel Custard



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 2 egg yolks
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 0.5 cup sugar
- ☐ 14 oz condensed milk fat-free sweetened canned
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Cook sugar in an 8-inch round cake pan (with 2-inch sides) over medium heat, shaking pan occasionally, 5 minutes or until sugar melts and turns light golden brown.
- ☐ Remove pan from heat, and let stand 5 minutes. (Sugar will harden.)
- ☐ Process egg yolks and next 5 ingredients in a blender until smooth.
- ☐ Pour mixture over caramelized sugar in pan. Cover mixture with aluminum foil.
- ☐ Place cake pan in a broiler pan.
- ☐ Add hot water (15
- ☐ to pan to a depth of 2/3 inch.
- ☐ Bake at 350 for 1 hour or until a knife inserted in center of custard comes out clean.
- ☐ Remove cake pan from water bath; cool completely on a wire rack. Cover and chill at least 3 hours.
- ☐ Run a knife around edge of pan to loosen; invert onto a serving plate.
- ☐ Tip: The 8-oz. blocks of 1/3-less-fat cream cheese have marks on the packaging noting 1 oz. measurements. By using these marks, it is easy to measure the 3 oz. of cream cheese that you need for this recipe.
- ☐ Banana-Caramel Custard: Prepare custard recipe as directed, adding 1 medium-size ripe banana to egg yolk mixture in blender.
- ☐ Per (1-slice) serving: Calories 231 (13% from fat); Fat 3g (sat 7g, mono 6g, poly 2g); Protein 8g; Carb 8g; Fiber 4g; Chol 75mg; Iron 3mg; Sodium 127mg; Calc 214mg

Nutrition Facts



 PROTEIN 11.33%  FAT 28.65%  CARBS 60.02%

Properties

Glycemic Index:13.11, Glycemic Load:20.15, Inflammation Score:-2, Nutrition Score:5.6965217888355%

Nutrients (% of daily need)

Calories: 234.32kcal (11.72%), Fat: 7.49g (11.52%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 35.3g (12.83%), Sugar: 35.19g (39.1%), Cholesterol: 80.84mg (26.95%), Sodium: 95.51mg (4.15%), Alcohol: 0.45g (100%), Alcohol %: 0.61% (100%), Protein: 6.66g (13.32%), Calcium: 209.2mg (20.92%), Phosphorus: 193.49mg (19.35%), Vitamin B2: 0.32mg (18.68%), Selenium: 10.27µg (14.67%), Potassium: 263.27mg (7.52%), Vitamin B5: 0.7mg (6.99%), Vitamin B12: 0.34µg (5.73%), Vitamin A: 266.19IU (5.32%), Zinc: 0.78mg (5.23%), Magnesium: 19.42mg (4.85%), Vitamin B1: 0.06mg (4.01%), Folate: 14.69µg (3.67%), Vitamin B6: 0.06mg (2.93%), Vitamin D: 0.41µg (2.72%), Vitamin C: 1.68mg (2.03%), Iron: 0.33mg (1.85%), Vitamin E: 0.26mg (1.76%)