



Caramelized-Onion Custards

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

Ingredients

- ☐ 3 cups caramelized onions cooled uncooked chopped
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 12 ounce evaporated skim milk canned
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

Equipment

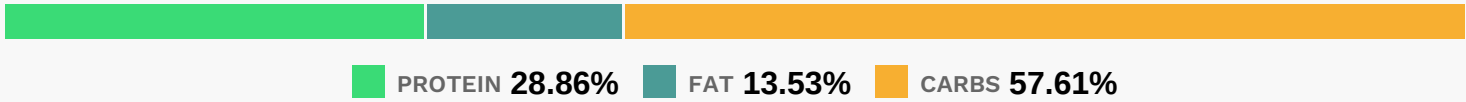
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Combine all ingredients except cooking spray in a large bowl. Spoon onion mixture into 6 (6-ounce) custard cups coated with cooking spray.
- ☐ Place the custard cups in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 1 hour or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.45, Inflammation Score:-6, Nutrition Score:8.2265216967334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg

Nutrients (% of daily need)

Calories: 121.3kcal (6.07%), Fat: 1.85g (2.85%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.71g (5.71%), Sugar: 11.62g (12.91%), Cholesterol: 64.27mg (21.42%), Sodium: 160.31mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.77%), Calcium: 201.96mg (20.2%), Vitamin B2: 0.33mg (19.51%), Phosphorus: 179.59mg (17.96%), Selenium: 9.33µg (13.32%), Potassium: 402.16mg (11.49%), Vitamin C: 9.41mg (11.41%), Vitamin B6: 0.2mg (10.09%), Vitamin D: 1.47µg (9.78%), Folate: 35.83µg (8.96%), Vitamin B5: 0.84mg (8.41%), Manganese: 0.17mg (8.41%), Fiber: 2.03g (8.1%), Magnesium: 30.47mg (7.62%), Vitamin A: 316.02IU (6.32%), Zinc: 0.93mg (6.2%), Vitamin B1: 0.09mg (5.81%), Vitamin B12: 0.29µg (4.91%), Iron: 0.72mg (3.99%), Copper: 0.07mg (3.53%), Vitamin E: 0.2mg (1.33%), Vitamin B3: 0.26mg (1.3%)