

Classic Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



178 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 6 large eggs
- 4 cups milk 1% low-fat
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1.5 teaspoons vanilla extract

Equipment

- bowl

- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan

Directions

- Preheat oven to 32
- Combine eggs, sugar, and salt in a large bowl; stir well with a whisk.
- Cook milk in a large, heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove milk from heat, and gradually add to the egg mixture, stirring constantly with a whisk. Stir in vanilla and almond extracts.
- Pour into a deep 2-quart souffl dish coated with cooking spray.
- Place casserole in a 13 x 9-inch baking pan, and add hot water to the pan to a depth of 1 inch.
- Bake at 325 for 50 minutes or until a knife inserted in center of custard comes out almost clean.
- Remove casserole from pan; serve custard warm or chilled.

Nutrition Facts



PROTEIN 22.74% **FAT 27.76%** **CARBS 49.5%**

Properties

Glycemic Index:10.01, Glycemic Load:9.97, Inflammation Score:-3, Nutrition Score:8.5391303534093%

Nutrients (% of daily need)

Calories: 177.57kcal (8.88%), Fat: 5.4g (8.31%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 21.68g (7.88%), Sugar: 21.25g (23.61%), Cholesterol: 166.17mg (55.39%), Sodium: 196.75mg (8.55%), Alcohol: 0.39g (100%), Alcohol %: 0.26% (100%), Protein: 9.96g (19.92%), Selenium: 16.08µg (22.96%), Vitamin B2: 0.39mg (22.85%), Phosphorus: 223.83mg (22.38%), Vitamin B12: 1.2µg (20.07%), Calcium: 194.24mg (19.42%), Vitamin D: 2.34µg (15.6%), Vitamin B5: 1.14mg (11.44%), Vitamin A: 495.75IU (9.91%), Potassium: 275.56mg (7.87%),

Vitamin B6: 0.15mg (7.7%), Zinc: 1.14mg (7.57%), Vitamin B1: 0.09mg (6.28%), Folate: 22.84µg (5.71%), Magnesium: 21.47mg (5.37%), Iron: 0.76mg (4.22%), Vitamin E: 0.48mg (3.18%), Copper: 0.03mg (1.7%)