



Coconut Custard

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



492 kcal

DESSERT

Ingredients

- 3 cups milk whole
- 4 large eggs
- 0.3 cup sugar
- 0.5 teaspoon salt
- 0.5 cup coconut shredded sweetened
- 0.5 teaspoon vanilla extract
- 1 Dash nutmeg
- 5 teaspoons cornstarch

- 0.3 cup water cold
- 2 cups raspberries fresh thawed
- 0.7 cup sugar
- 0.3 teaspoon salt
- 1 serving coconut shredded sweetened toasted

Equipment

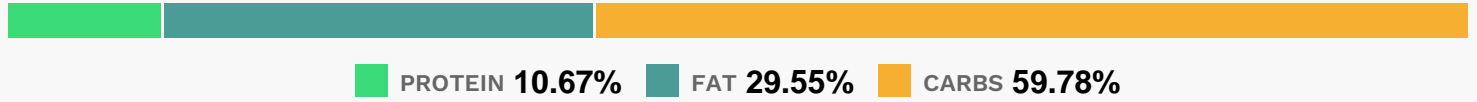
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- ramekin
- baking pan

Directions

- Preheat oven to 325°. In a large saucepan, heat milk until bubbles form around sides of pan; remove from heat. In a large bowl, whisk eggs, sugar and salt until blended but not foamy. Slowly stir in hot milk. Stir in coconut and vanilla.
- Place four 8-oz. custard cups or ramekins in a baking pan large enough to hold them without touching.
- Pour egg mixture into cups.
- Sprinkle with nutmeg.
- Place pan on oven rack; add very hot water to pan to within 1/2 in. of top of cups.
- Bake until a knife inserted near the center comes out clean, 30-40 minutes; centers will still be soft.
- Remove cups from water bath immediately to a wire rack; cool 10 minutes. Refrigerate until cold.

- In a saucepan, combine cornstarch and water until smooth.
- Add raspberries, sugar and salt. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; strain if desired. Cool.
- Serve over custard. If desired, garnish with additional raspberries and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:68.55, Glycemic Load:39.04, Inflammation Score:-5, Nutrition Score:16.391304213068%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 492.43kcal (24.62%), Fat: 16.58g (25.5%), Saturated Fat: 9.77g (61.03%), Carbohydrates: 75.46g (25.15%), Net Carbohydrates: 70.82g (25.75%), Sugar: 68.15g (75.72%), Cholesterol: 207.96mg (69.32%), Sodium: 618.26mg (26.88%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 13.48g (26.95%), Manganese: 0.81mg (40.37%), Phosphorus: 318.17mg (31.82%), Selenium: 21.83µg (31.18%), Vitamin B2: 0.52mg (30.41%), Calcium: 272.27mg (27.23%), Vitamin B12: 1.43µg (23.89%), Vitamin D: 3.01µg (20.09%), Vitamin C: 15.83mg (19.19%), Fiber: 4.65g (18.6%), Vitamin B5: 1.75mg (17.55%), Potassium: 487.43mg (13.93%), Vitamin B6: 0.27mg (13.54%), Zinc: 1.94mg (12.91%), Magnesium: 49.46mg (12.37%), Vitamin A: 586.52IU (11.73%), Vitamin B1: 0.15mg (9.82%), Folate: 37.49µg (9.37%), Iron: 1.63mg (9.03%), Vitamin E: 1.2mg (7.98%), Copper: 0.15mg (7.5%), Vitamin K: 5.42µg (5.17%), Vitamin B3: 0.66mg (3.32%)