



Easy Caramel Custard

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



4

CALORIES



126 kcal

DESSERT

Ingredients

- 2 eggs beaten
- 1 cup milk
- 1 tablespoon water
- 1 tablespoon water hot or as needed
- 5 tablespoons sugar white

Equipment

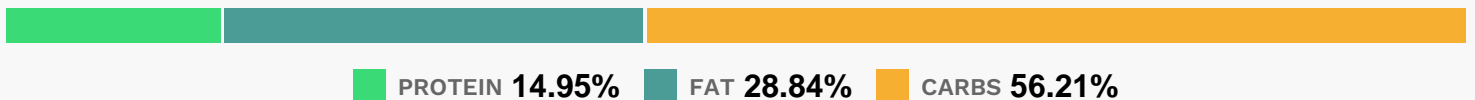
- sauce pan
- oven

- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix 1 tablespoon water into 1/4 cup sugar in a heavy saucepan over medium heat until sugar is completely moistened. Bring to a boil, reduce heat to medium-low, and cook until the sugar and water form a golden brown syrup, about 5 minutes. Do not stir.
- Remove from heat and let boiling subside. Carefully stir 1 tablespoon hot water into caramel syrup.
- Whisk milk and 5 tablespoons sugar together in a saucepan over low heat; heat just until warmed and sugar has dissolved.
- Remove from heat and whisk eggs into milk mixture.
- Pour caramel syrup into an 8x8-inch baking dish.
- Pour egg-milk mixture over syrup.
- Place pan into a larger baking dish and pour enough water into outer pan to reach about 1/2 inch up the sides of the inner pan.
- Bake in the preheated oven until custard has set, about 45 minutes.
- Let cool for about 10 minutes; chill in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:11.55, Inflammation Score:-1, Nutrition Score:4.0269565498051%

Nutrients (% of daily need)

Calories: 125.81kcal (6.29%), Fat: 4.09g (6.3%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.95g (6.53%), Sugar: 17.99g (19.98%), Cholesterol: 89.16mg (29.72%), Sodium: 54.94mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Selenium: 8µg (11.43%), Vitamin B2: 0.19mg (11.03%), Phosphorus: 105.17mg (10.52%), Calcium: 87.72mg (8.77%), Vitamin B12: 0.53µg (8.75%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.56mg (5.65%), Vitamin A: 217.62IU (4.35%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.54mg

(3.57%), Potassium: 122.16mg (3.49%), Vitamin B1: 0.04mg (2.86%), Folate: 10.34µg (2.59%), Magnesium: 10.03mg (2.51%), Iron: 0.39mg (2.18%), Vitamin E: 0.26mg (1.74%)