

Egg Custard



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 2 eggs beaten
- ☐ 2 cups milk
- ☐ 1 pinch salt
- ☐ 1 dash vanilla extract
- ☐ 0.5 cup sugar white

Equipment

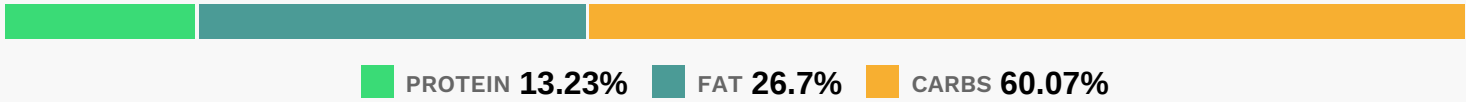
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Whisk milk, eggs, sugar, salt, and vanilla together in a bowl until completely combined.
- ☐ Pour egg mixture into 6 custard cups; sprinkle tops with nutmeg.
- ☐ Place cups in a baking pan and fill pan with enough hot water to reach halfway up the sides of the custard cups.
- ☐ Bake in the preheated oven until custards are set, about 1 hour. Cool completely.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:13.08, Inflammation Score:-1, Nutrition Score:4.0117391205352%

Nutrients (% of daily need)

Calories: 133.99kcal (6.7%), Fat: 4.05g (6.23%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 20.51g (7.46%), Sugar: 20.6g (22.89%), Cholesterol: 64.32mg (21.44%), Sodium: 58.36mg (2.54%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 4.52g (9.03%), Phosphorus: 111.19mg (11.12%), Calcium: 108.43mg (10.84%), Vitamin B2: 0.18mg (10.73%), Vitamin B12: 0.57µg (9.5%), Selenium: 6.15µg (8.78%), Vitamin D: 1.19µg (7.92%), Vitamin B5: 0.53mg (5.28%), Vitamin A: 210.96IU (4.22%), Potassium: 142.6mg (4.07%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.52mg (3.5%), Vitamin B1: 0.05mg (3.43%), Magnesium: 11.52mg (2.88%), Folate: 6.89µg (1.72%), Iron: 0.27mg (1.47%), Vitamin E: 0.19mg (1.3%)