

Eggnog Custard

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



195 kcal

DESSERT

Ingredients

- 1 eggs beaten
- 1 cup eggnog
- 2 pinches ground nutmeg
- 2 tablespoons sugar white

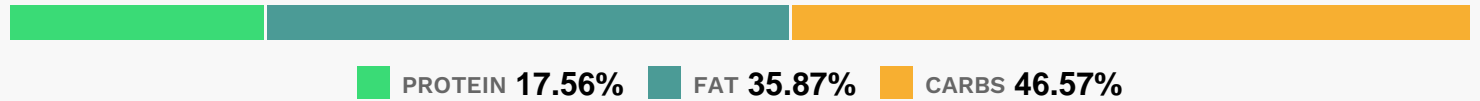
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Fill an 8x8 inch baking dish with 1 inch of water.
- Beat the egg, eggnog, and sugar together in a bowl.
- Pour into two small baking dishes.
- Sprinkle tops with nutmeg.
- Place the baking dishes into the dish with the water.
- Add more water if necessary to reach halfway up the sides of the baking dishes.
- Bake in preheated oven until tops are set, 35 to 45 minutes. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:97.55, Glycemic Load:14.2, Inflammation Score:-3, Nutrition Score:7.1273913409399%

Nutrients (% of daily need)

Calories: 194.67kcal (9.73%), Fat: 7.82g (12.02%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 22.62g (8.23%), Sugar: 22.57g (25.07%), Cholesterol: 156.77mg (52.26%), Sodium: 100.1mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin B2: 0.34mg (20.28%), Phosphorus: 184.12mg (18.41%), Calcium: 179.38mg (17.94%), Selenium: 12.18µg (17.39%), Vitamin D: 1.96µg (13.09%), Vitamin B12: 0.77µg (12.79%), Vitamin B5: 0.87mg (8.67%), Vitamin A: 381.44IU (7.63%), Magnesium: 28.6mg (7.15%), Potassium: 243.65mg (6.96%), Zinc: 0.89mg (5.94%), Vitamin B6: 0.1mg (5.13%), Iron: 0.68mg (3.75%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.5mg (3.32%), Folate: 12.37µg (3.09%), Vitamin C: 1.93mg (2.35%), Copper: 0.04mg (2.17%), Manganese: 0.04mg (2.1%)