



Eggnog Custard Cups



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 3 large egg yolks for online round 2 recipe spinach and cheese souffle
- ☐ 3 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 2.5 cups milk
- ☐ 1 teaspoon pumpkin pie spice divided
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

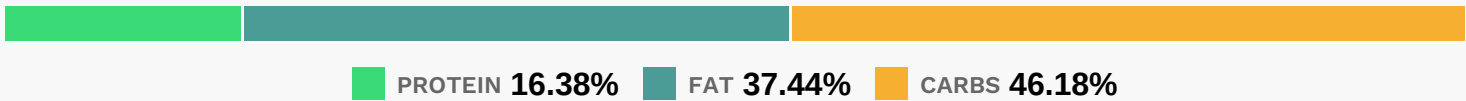
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Place the ramekins into a high-sided baking dish.
- ☐ Heat the milk in a small pot over medium heat until warm but not hot.
- ☐ Whisk together the eggs, yolks, salt, half the pumpkin pie spice, vanilla, and sugar. Slowly whisk the warm milk into the egg mixture.
- ☐ Pour the liquid into the ramekins and sprinkle the remaining pumpkin pie spice on top.
- ☐ Place in the oven and pour hot tap water into the baking dish to about half way up the sides of the cups.
- ☐ Bake until the custard is set around the edges and just jiggles slightly in the middle, 35 to 40 minutes.
- ☐ Remove from the oven and let cool in the water bath. Refrigerate until chilled before serving, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:13.44, Inflammation Score:-2, Nutrition Score:7.3534782548314%

Nutrients (% of daily need)

Calories: 191.35kcal (9.57%), Fat: 7.98g (12.28%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 22.1g (8.04%), Sugar: 21.77g (24.19%), Cholesterol: 197mg (65.67%), Sodium: 272.4mg (11.84%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 7.86g (15.71%), Selenium: 14.5µg (20.71%), Phosphorus: 185.77mg (18.58%), Vitamin B2: 0.3mg (17.86%), Vitamin B12: 0.94µg (15.62%), Calcium: 152.65mg (15.26%), Vitamin D: 2.08µg (13.85%), Vitamin B5: 1.02mg (10.17%), Vitamin A: 423.14IU (8.46%), Vitamin B6: 0.14mg (6.79%), Zinc:

0.95mg (6.3%), Folate: 24.24µg (6.06%), Potassium: 199.84mg (5.71%), Vitamin B1: 0.08mg (5.49%), Iron: 0.75mg (4.14%), Magnesium: 16.16mg (4.04%), Vitamin E: 0.54mg (3.59%), Manganese: 0.07mg (3.56%), Copper: 0.03mg (1.45%)