

# Get-Well Custard

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



134 kcal

DESSERT

## Ingredients

- 4 eggs
- 10 servings nutmeg
- 4 cups milk
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon vanilla extract

## Equipment

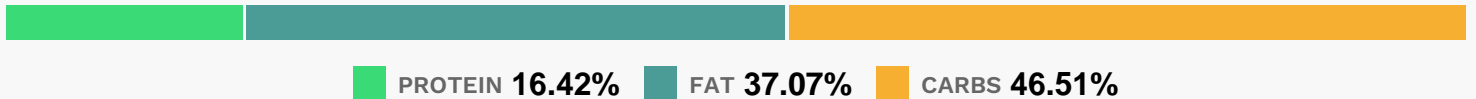
- bowl

- oven
- knife
- whisk
- sieve
- baking pan

## Directions

- In a bowl, lightly beat eggs.
- Whisk in sugar, salt and vanilla. Warm milk; slowly add to egg mixture.
- Pour through a strainer into a 1-1/2-qt. round baking dish.
- Sprinkle with nutmeg.
- Place baking dish in a larger pan. Fill a larger pan with hot water to 1 in.
- Bake at 350° for 55–60 minutes or until a knife inserted near the center comes out clean. (This is a very soft custard and will jiggle even after chilling.) Cool to room temperature. Chill until serving.

## Nutrition Facts



## Properties

Glycemic Index:17.81, Glycemic Load:9.11, Inflammation Score:-2, Nutrition Score:5.220434802058%

## Nutrients (% of daily need)

Calories: 133.88kcal (6.69%), Fat: 5.56g (8.55%), Saturated Fat: 2.89g (18.03%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 15.27g (5.55%), Sugar: 15.36g (17.07%), Cholesterol: 77.18mg (25.73%), Sodium: 120.67mg (5.25%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 5.54g (11.07%), Phosphorus: 137.71mg (13.77%), Calcium: 133.76mg (13.38%), Vitamin B2: 0.22mg (12.86%), Vitamin B12: 0.68µg (11.39%), Selenium: 7.35µg (10.5%), Vitamin D: 1.43µg (9.5%), Vitamin B5: 0.63mg (6.34%), Potassium: 178.49mg (5.1%), Vitamin A: 255.19IU (5.1%), Vitamin B6: 0.09mg (4.64%), Vitamin B1: 0.07mg (4.58%), Zinc: 0.67mg (4.48%), Magnesium: 17.53mg (4.38%), Manganese: 0.07mg (3.42%), Folate: 9.79µg (2.45%), Iron: 0.37mg (2.08%), Copper: 0.04mg (1.76%), Fiber: 0.42g (1.66%), Vitamin E: 0.23mg (1.56%)