



## Grapenuts™ Custard

READY IN



75 min.

SERVINGS



4

CALORIES



427 kcal

DESSERT

### Ingredients

- 2 tablespoons butter cut into small pieces
- 3 large eggs
- 2 cups milk
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups water hot
- 0.8 cup wheat and barley nugget cereal
- 0.5 cup sugar white

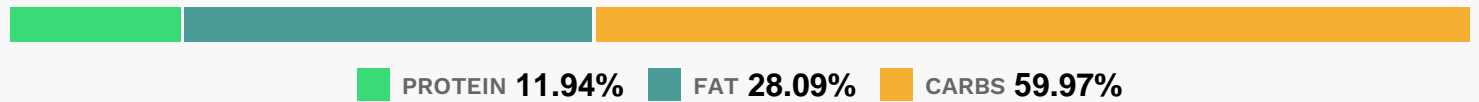
# Equipment

- bowl
- oven
- baking pan
- toothpicks

# Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Beat the milk, sugar, salt, eggs, and vanilla together in a bowl; pour into a baking dish.
- Sprinkle the cereal over the mixture and dot with the butter pieces. Gently set the baking dish into a larger baking dish.
- Pour enough hot water into the larger dish to reach at least 1 inch up the side of the dish with the custard.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.
- Sprinkle the nutmeg over the dish to serve.

# Nutrition Facts



# Properties

Glycemic Index:27.02, Glycemic Load:19.62, Inflammation Score:-8, Nutrition Score:28.874347993861%

# Nutrients (% of daily need)

Calories: 427.3kcal (21.36%), Fat: 14.13g (21.73%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 67.86g (22.62%), Net Carbohydrates: 62.2g (22.62%), Sugar: 35.8g (39.78%), Cholesterol: 154.14mg (51.38%), Sodium: 499.38mg (21.71%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 13.51g (27.01%), Vitamin D: 39.83µg (265.56%), Folate: 395.22µg (98.8%), Iron: 14.26mg (79.23%), Vitamin B2: 0.75mg (44.07%), Vitamin B12: 2.42µg (40.25%), Zinc: 5.95mg (39.69%), Phosphorus: 340.69mg (34.07%), Vitamin B6: 0.61mg (30.55%), Vitamin B1: 0.44mg (29.2%), Calcium: 271.47mg (27.15%), Vitamin B3: 4.88mg (24.41%), Fiber: 5.66g (22.64%), Vitamin A: 1122.3IU (22.45%), Selenium: 13.98µg (19.97%), Magnesium: 58.4mg (14.6%), Potassium: 400.14mg (11.43%), Vitamin B5: 1.04mg (10.36%), Vitamin C: 5.68mg (6.88%), Vitamin E: 0.67mg (4.48%), Copper: 0.05mg (2.48%)