



Honey Custard Cups



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.3 cup honey
- ☐ 0.5 cup evaporated milk low-fat
- ☐ 1 cup milk 2% reduced-fat
- ☐ 2 teaspoons vanilla extract

Equipment

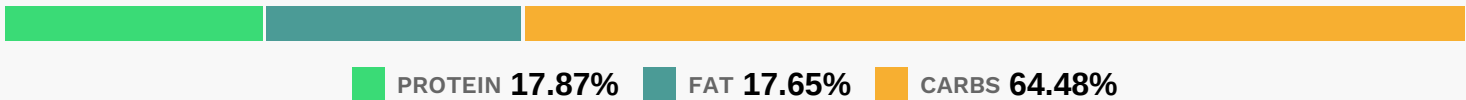
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 325
- ☐ Combine first 4 ingredients in a medium bowl; stir well with a whisk.
- ☐ Heat milks over medium heat in a small heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to honey mixture, stirring constantly with a whisk.
- ☐ Pour 1/2 cup custard mixture into each of 4 (6-ounce) custard cups.
- ☐ Place cups in an 8-inch square baking dish; add hot water to baking dish to a depth of 1 inch.
- ☐ Bake at 325 for 50 minutes or until almost set.
- ☐ Remove cups from baking dish; let cool completely on a wire rack. Cover and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:9.1, Inflammation Score:-1, Nutrition Score:3.4073913142733%

Nutrients (% of daily need)

Calories: 148.4kcal (7.42%), Fat: 2.91g (4.47%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 23.85g (8.67%), Sugar: 23.94g (26.6%), Cholesterol: 56.66mg (18.89%), Sodium: 97.64mg (4.25%), Alcohol: 0.69g (100%), Alcohol %: 0.65% (100%), Protein: 6.62g (13.24%), Vitamin B2: 0.21mg (12.5%), Selenium: 7.13µg (10.19%), Calcium: 88.51mg (8.85%), Phosphorus: 81.24mg (8.12%), Vitamin B12: 0.43µg (7.19%), Vitamin B5: 0.43mg (4.32%), Potassium: 127.28mg (3.64%), Zinc: 0.5mg (3.3%), Vitamin A: 129.92IU (2.6%), Vitamin B6: 0.05mg (2.48%), Magnesium: 9.56mg (2.39%), Folate: 9.58µg (2.39%), Vitamin B1: 0.03mg (1.9%), Iron: 0.33mg (1.83%), Manganese: 0.03mg (1.71%), Vitamin D: 0.25µg (1.67%), Copper: 0.02mg (1.18%)