



Honey Custards with Blood Oranges and Candied Lemon



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 2 blood oranges
- ☐ 3 large egg yolk
- ☐ 2 large eggs
- ☐ 1.7 cups cup heavy whipping cream
- ☐ 0.5 cup honey light such as orange blossom or clover
- ☐ 1 lime zest
- ☐ 2 slices lemon zest drained quartered

☐ 1 cup milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ wire rack

☐ ramekin

☐ roasting pan

☐ aluminum foil

☐ spatula

☐ measuring cup

Directions

☐ Preheat oven to 30

☐ Heat a teakettle to boiling.

☐ Heat milk, cream, and honey in a medium saucepan until simmering, stirring.

☐ Whisk eggs and egg yolks in a large bowl until well blended. Gradually whisk in hot cream. Strain into a glass measuring cup.

☐ Set 8 ramekins (4 oz. size) in a large roasting pan.

☐ Pour cream mixture into ramekins to about 1/2 in. from top. Set pan on oven rack and carefully pour boiling water into pan so it comes halfway up the ramekins. Cover pan with foil, turning up 2 corners so steam can escape.

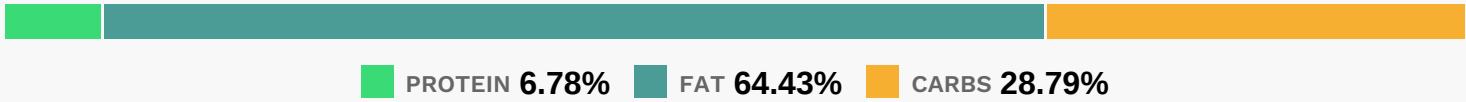
☐ Bake until custards jiggle only slightly when pan is gently shaken, 45 to 50 minutes. With a spatula, carefully transfer custards to a cooling rack.

☐ Let cool, then chill, covered, until cold, at least 2 hours.

☐ Cut peel from oranges, then cut segments free from inner membranes. Pat dry and set some on each custard.

- ☐
- Garnish each with a little lime zest and a piece of lemon, if you like.
- ☐
- Make ahead: Through step 3 up to 2 days, chilled airtight.

Nutrition Facts



Properties

Glycemic Index:23.78, Glycemic Load:9.99, Inflammation Score:-5, Nutrition Score:5.9826086811397%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.56mg, Hesperetin: 4.56mg, Hesperetin: 4.56mg, Hesperetin: 4.56mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 293.81kcal (14.69%), Fat: 21.78g (33.5%), Saturated Fat: 12.97g (81.09%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 21.53g (7.83%), Sugar: 20.84g (23.16%), Cholesterol: 175.04mg (58.35%), Sodium: 46.81mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin A: 949.27IU (18.99%), Vitamin B2: 0.24mg (13.95%), Selenium: 9.69µg (13.85%), Vitamin D: 1.72µg (11.49%), Phosphorus: 112.03mg (11.2%), Calcium: 90.86mg (9.09%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.66mg (6.64%), Vitamin C: 4.7mg (5.7%), Vitamin E: 0.79mg (5.28%), Folate: 19.26µg (4.82%), Vitamin B6: 0.09mg (4.52%), Potassium: 142.84mg (4.08%), Zinc: 0.61mg (4.07%), Iron: 0.59mg (3.26%), Vitamin B1: 0.05mg (3.24%), Magnesium: 10.22mg (2.56%), Vitamin K: 1.81µg (1.72%), Copper: 0.03mg (1.71%), Fiber: 0.36g (1.45%), Manganese: 0.03mg (1.36%)