



Honey-Lemon Custard with Fruit



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



282 kcal

DESSERT

Ingredients

- ☐ 1 cup poached berries sliced
- ☐ 2 cups cup heavy whipping cream
- ☐ 4 tablespoons honey divided
- ☐ 6 tablespoons juice of lemon fresh divided
- ☐ 3 strips lemon zest
- ☐ 0.3 cup rum light
- ☐ 3 tablespoons sugar
- ☐ 0.5 vanilla pod split

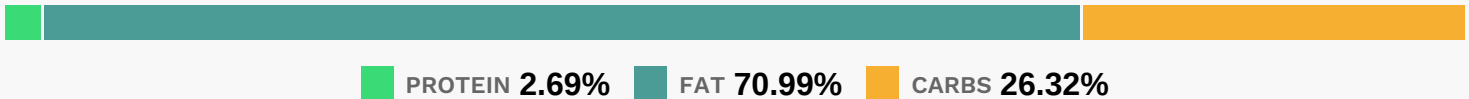
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Place ramekins on a rimmed baking sheet.
- ☐ Heat cream, 2 tablespoons honey, and sugar in a small saucepan over medium heat until just beginning to simmer. Scrape in seeds from vanilla bean; add bean.
- ☐ Add lemon peel; remove from heat.
- ☐ Let steep for 5 minutes (cream should register about 160°F on an instant-read thermometer).
- ☐ Remove vanilla bean and peel. Gently stir in 5 tablespoons lemon juice.
- ☐ Divide custard among ramekins and chill to let set for at least 1 hour or, covered, up to 1 day.
- ☐ Whisk remaining 2 tablespoons honey and 1 tablespoon lemon juice with rum in a small bowl. Stir in fruit; let sit until juicy, about 1 hour.
- ☐ Serve with custard.
- ☐ Per serving: 280 calories, 22g fat, 1g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:3.4573913112931%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin:

4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 282.14kcal (14.11%), Fat: 21.69g (33.37%), Saturated Fat: 13.7g (85.62%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.48g (6.36%), Sugar: 16.79g (18.65%), Cholesterol: 67.24mg (22.41%), Sodium: 16.93mg (0.74%), Alcohol: 2.51g (100%), Alcohol %: 2.8% (100%), Protein: 1.85g (3.7%), Vitamin A: 884.42IU (17.69%), Vitamin B2: 0.13mg (7.42%), Vitamin C: 5.73mg (6.95%), Vitamin D: 0.95µg (6.35%), Vitamin K: 5.08µg (4.84%), Vitamin E: 0.66mg (4.39%), Calcium: 42.67mg (4.27%), Phosphorus: 38.31mg (3.83%), Selenium: 1.93µg (2.76%), Fiber: 0.62g (2.47%), Potassium: 84.88mg (2.42%), Vitamin B6: 0.04mg (2.03%), Manganese: 0.04mg (2.02%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.1µg (1.59%), Folate: 6.24µg (1.56%), Magnesium: 6.07mg (1.52%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.19mg (1.26%), Copper: 0.02mg (1.04%)