



## Maple Custard

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



4

CALORIES



181 kcal

DESSERT

### Ingredients

- 1 eggs
- 2 egg whites
- 1.8 cups skim milk fat-free (skim)
- 2 cups fruit
- 0.5 teaspoon maple extract
- 4 teaspoons maple syrup
- 0.1 teaspoon salt
- 3 tablespoons sugar

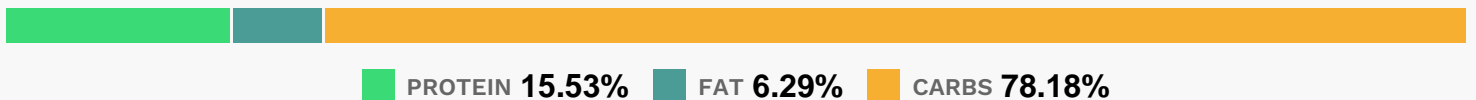
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife

## Directions

- Heat oven to 350°F.
- Heat milk just to boiling in 1-quart saucepan; cool.
- Beat egg, egg whites, sugar, maple extract and salt in small bowl; gradually stir in milk.
- Pour into four 6-ounce custard cups. Drop 1 teaspoon maple syrup carefully onto center of mixture in each cup (syrup will sink to bottom).
- Place cups in square pan, 9x9x2 inches, on oven rack.
- Pour very hot water into pan to within 1/2 inch of tops of cups.
- Bake about 45 minutes or until knife inserted halfway between center and edge comes out clean.
- Remove cups from water.
- Let stand 15 minutes.
- Cover and refrigerate at least 2 hours but no longer than 12 hours. Unmold at serving time. Top with fruit. Immediately cover and refrigerate any remaining custards.

## Nutrition Facts



## Properties

Glycemic Index:34.96, Glycemic Load:9.75, Inflammation Score:-5, Nutrition Score:7.7686956654424%

## Nutrients (% of daily need)

Calories: 181.07kcal (9.05%), Fat: 1.3g (2.01%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 34.58g (12.57%), Sugar: 32.07g (35.63%), Cholesterol: 44.14mg (14.71%), Sodium: 163.78mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin B2: 0.38mg (22.09%), Calcium: 162.39mg (16.24%), Phosphorus: 152.94mg (15.29%), Vitamin A: 635.93IU (12.72%), Selenium: 8.57µg (12.25%), Vitamin B12: 0.73µg (12.22%), Manganese: 0.2mg (10.07%), Potassium: 340.04mg (9.72%), Vitamin D: 1.4µg (9.33%), Fiber: 1.9g (7.58%), Vitamin B5: 0.63mg (6.28%), Magnesium: 23.23mg (5.81%), Vitamin B1: 0.08mg (5.59%), Zinc: 0.79mg (5.24%), Vitamin K: 5.48µg (5.22%), Copper: 0.1mg (5.15%), Vitamin B6: 0.1mg (5.03%), Iron: 0.58mg (3.25%), Vitamin C: 2.61mg (3.16%), Vitamin B3: 0.62mg (3.1%), Folate: 10.28µg (2.57%)