



Maple Custard Cups

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



201 kcal

DESSERT

Ingredients

- 2 large egg yolk
- 0.5 cup cup heavy whipping cream
- 2 tablespoons maple sugar (see cooks' note, below)
- 0.3 cup maple syrup dark
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla
- 2 large eggs whole
- 1.5 cups milk whole

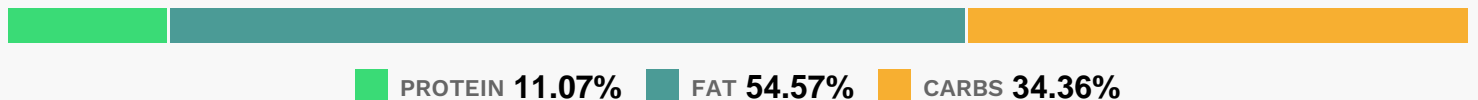
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- blender
- baking pan
- aluminum foil

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Whisk together all ingredients in a large bowl until sugar is dissolved, then pour through a fine-mesh sieve into a 1-quart glass measure. Divide custard evenly among cups, then transfer cups to baking pan.
- Bake in a hot water bath, pan covered loosely with foil, until custards are just set and a knife inserted in center of one comes out clean, 35 to 40 minutes.
- Carefully transfer cups to a rack and cool to warm, about 30 minutes.
- Custard is best when eaten immediately, but can be made 1 day ahead and chilled, covered:·Maple sugar is usually sold granulated, but if you find a brand sold as very large granules, pulse the sugar in a blender until it becomes more finely granulated.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:7.2, Inflammation Score:-3, Nutrition Score:7.29913037821%

Nutrients (% of daily need)

Calories: 200.75kcal (10.04%), Fat: 12.21g (18.78%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 17.3g (6.29%), Sugar: 15.87g (17.63%), Cholesterol: 152.93mg (50.98%), Sodium: 153.6mg (6.68%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.57g (11.14%), Manganese: 0.54mg (26.9%), Vitamin B2: 0.4mg (23.46%), Selenium: 10.08µg (14.41%), Phosphorus: 128.38mg (12.84%), Calcium: 123.92mg (12.39%), Vitamin A: 562.08IU (11.24%), Vitamin D: 1.63µg (10.85%), Vitamin B12: 0.62µg (10.33%), Vitamin B5: 0.71mg (7.06%), Zinc: 1.04mg (6.91%), Potassium: 183.72mg (5.25%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.06mg (4.27%), Folate: 16.9µg (4.22%), Magnesium: 14.79mg (3.7%), Vitamin E: 0.53mg (3.56%), Iron: 0.56mg (3.12%), Copper: 0.02mg (1.22%)