



Maple Syrup Custard Cups



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 0.8 cup real maple syrup
- ☐ 3 cups milk
- ☐ 0.5 teaspoon vanilla extract

Equipment

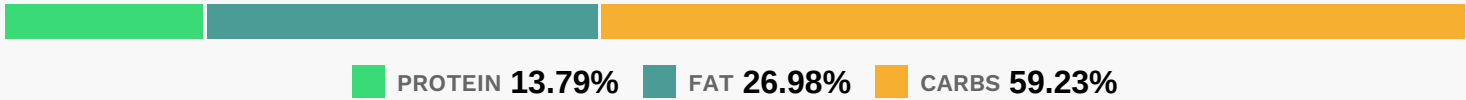
- ☐ bowl
- ☐ oven
- ☐ knife

- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk eggs in a bowl until lightly beaten.
- ☐ Add milk, maple syrup, and vanilla extract; gently beat until incorporated.
- ☐ Pour mixture into six 1/4-cup ramekins. Arrange ramekins in a baking dish.
- ☐ Pour enough water into baking dish to cover ramekins halfway up the sides.
- ☐ Bake in the preheated oven until a knife inserted in the center of a custard comes out clean, 35 to 45 minutes.
- ☐ Remove ramekins from baking dish and refrigerate until completely chilled, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:12.06, Inflammation Score:-3, Nutrition Score:10.555652172669%

Nutrients (% of daily need)

Calories: 224.78kcal (11.24%), Fat: 6.69g (10.3%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 33.07g (12.03%), Sugar: 30.14g (33.49%), Cholesterol: 123.76mg (41.25%), Sodium: 91.67mg (3.99%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.7g (15.4%), Vitamin B2: 0.81mg (47.88%), Manganese: 0.94mg (46.98%), Calcium: 210.4mg (21.04%), Phosphorus: 181.32mg (18.13%), Selenium: 11.32µg (16.18%), Vitamin B12: 0.92µg (15.33%), Vitamin D: 1.93µg (12.86%), Vitamin B5: 0.9mg (9.05%), Potassium: 314.54mg (8.99%), Zinc: 1.16mg (7.74%), Vitamin A: 356.04IU (7.12%), Vitamin B1: 0.11mg (7.11%), Magnesium: 26.65mg (6.66%), Vitamin B6: 0.12mg (6.22%), Folate: 13.79µg (3.45%), Iron: 0.56mg (3.1%), Vitamin E: 0.37mg (2.46%), Copper: 0.02mg (1.13%)