



WHATSheATE

Mint Tea Custard



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 6 servings chocolate fresh shaved
- ☐ 4 large eggs
- ☐ 1 cup skim milk fat-free
- ☐ 1 large optional: lemon quartered
- ☐ 1.3 cups nestle® carnation® evaporated lowfat milk low-fat
- ☐ 3 mint leaves fresh
- ☐ 0.5 cup sugar
- ☐ 5 ginger tea bags black

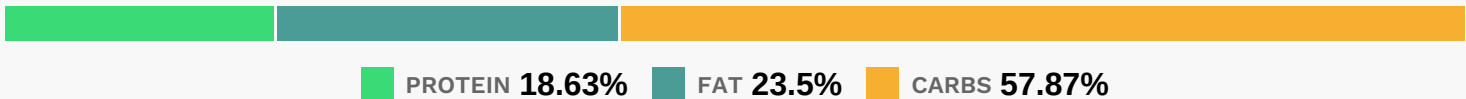
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Cook milk in a small nonaluminum saucepan over medium-low heat, stirring once, 2 to 3 minutes or just until bubbles appear (do not boil); remove from heat.
- ☐ Add next 3 ingredients. Cover and steep 20 minutes.
- ☐ Remove and discard tea bags, without squeezing; discard mint sprigs and lemon quarters. Reserve 1 cup tea mixture.
- ☐ Whisk together sugar and eggs in a large bowl until mixture is thick and pale yellow. Gradually whisk in reserved 1 cup tea mixture and half-and-half until well blended.
- ☐ Pour mixture into 6 (4-oz.) custard cups or ramekins.
- ☐ Place custard cups in a roasting pan; add hot water halfway up sides of cups.
- ☐ Bake at 300 for 40 to 50 minutes or until a knife inserted in center of custard comes out clean. Carefully remove from oven, and let stand in pan in water bath 30 minutes.
- ☐ Remove from water bath.
- ☐ Serve immediately, or cover and chill at least 2 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:12.17, Inflammation Score:-2, Nutrition Score:5.5786957501069%

Flavonoids

Eriodictyol: 4mg, Eriodictyol: 4mg, Eriodictyol: 4mg, Eriodictyol: 4mg Hesperetin: 5.07mg, Hesperetin: 5.07mg, Hesperetin: 5.07mg, Hesperetin: 5.07mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 189.95kcal (9.5%), Fat: 5.07g (7.79%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 27.47g (9.99%), Sugar: 25.02g (27.8%), Cholesterol: 135.03mg (45.01%), Sodium: 149.91mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.07%), Selenium: 11.57µg (16.53%), Vitamin B2: 0.26mg (15.06%), Phosphorus: 130.11mg (13.01%), Vitamin C: 9.97mg (12.09%), Vitamin B12: 0.5µg (8.35%), Calcium: 77.13mg (7.71%), Vitamin B5: 0.73mg (7.28%), Zinc: 0.78mg (5.21%), Folate: 19.82µg (4.95%), Vitamin B6: 0.1mg (4.83%), Vitamin A: 225.85IU (4.52%), Potassium: 157.95mg (4.51%), Vitamin D: 0.67µg (4.44%), Iron: 0.75mg (4.18%), Magnesium: 13.26mg (3.32%), Vitamin B1: 0.04mg (2.88%), Vitamin E: 0.4mg (2.64%), Fiber: 0.6g (2.4%), Copper: 0.05mg (2.28%), Manganese: 0.03mg (1.35%)