



Non-Dairy Pumpkin Custard



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



503 kcal

DESSERT

Ingredients

- ☐ 0.3 c agave syrup (it was all I had left)
- ☐ 29 oz pumpkin canned
- ☐ 4 servings cinnamon
- ☐ 1 cloves
- ☐ 6 egg yolks
- ☐ 1 c honey
- ☐ 4 servings nutmeg
- ☐ 1 c rice milk

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, heat pumpkin, rice milk, and sweeteners, stirring frequently, until hot and bubbly.
- ☐ Whisk egg yolks together until thick and creamy. Stir about 1/2 c. of the hot pumpkin mixture into the egg yolks.Stir egg mixture into the pan of hot pumpkin and season to taste. Continue to cook over medium heat, stirring constantly, until the mixture is thickened.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:43.35, Inflammation Score:-10, Nutrition Score:20.431304288947%

Nutrients (% of daily need)

Calories: 502.66kcal (25.13%), Fat: 9.05g (13.92%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 106.82g (35.61%), Net Carbohydrates: 99.17g (36.06%), Sugar: 89.23g (99.14%), Cholesterol: 291.6mg (97.2%), Sodium: 50.64mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin A: 32384.62IU (647.69%), Manganese: 0.83mg (41.35%), Vitamin K: 36.86µg (35.11%), Fiber: 7.65g (30.61%), Selenium: 16.95µg (24.22%), Iron: 4.2mg (23.31%), Vitamin E: 3.06mg (20.41%), Phosphorus: 186.36mg (18.64%), Vitamin B2: 0.31mg (18.27%), Folate: 71.56µg (17.89%), Vitamin B5: 1.69mg (16.94%), Copper: 0.3mg (15%), Potassium: 513.58mg (14.67%), Vitamin C: 11.53mg (13.98%), Magnesium: 55.44mg (13.86%), Vitamin B6: 0.27mg (13.43%), Calcium: 123.53mg (12.35%), Vitamin D: 1.46µg (9.72%), Vitamin B12: 0.53µg (8.77%), Zinc: 1.24mg (8.26%), Vitamin B1: 0.12mg (8.07%), Vitamin B3: 1.01mg (5.06%)