



Ostakaka (Swedish Custard)

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- 24 ounce carton cottage cheese 4% (milk fat)
- 5 eggs lightly beaten
- 1 teaspoon ground nutmeg
- 1 pint heavy whipping cream
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

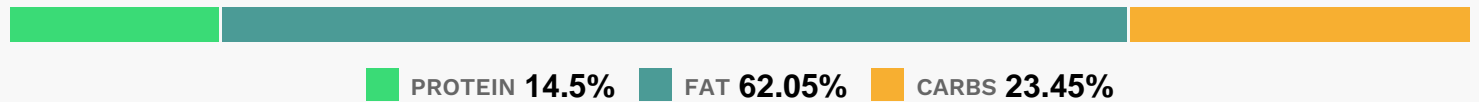
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a casserole dish with butter.
- Stir beaten eggs, cottage cheese, cream, sugar, vanilla extract, nutmeg, and salt together in a bowl; pour into prepared casserole dish.
- Bake in preheated oven until set and completely browned on top, about 1 hour. Set aside to cool.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:13.92, Inflammation Score:-6, Nutrition Score:8.0608695907437%

Nutrients (% of daily need)

Calories: 398.71kcal (19.94%), Fat: 27.78g (42.73%), Saturated Fat: 15.99g (99.95%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 23.56g (8.57%), Sugar: 22.95g (25.5%), Cholesterol: 183.59mg (61.2%), Sodium: 613.88mg (26.69%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 14.6g (29.2%), Selenium: 18.58µg (26.55%), Vitamin A: 1137.28IU (22.75%), Phosphorus: 224.54mg (22.45%), Vitamin B2: 0.38mg (22.33%), Calcium: 125.91mg (12.59%), Vitamin B12: 0.71µg (11.75%), Vitamin D: 1.58µg (10.54%), Vitamin B5: 1.05mg (10.46%), Folate: 25.69µg (6.42%), Vitamin E: 0.9mg (6.01%), Zinc: 0.85mg (5.64%), Vitamin B6: 0.11mg (5.36%), Potassium: 184.64mg (5.28%), Magnesium: 14.77mg (3.69%), Iron: 0.62mg (3.44%), Vitamin B1: 0.05mg (3.11%), Copper: 0.06mg (2.77%), Vitamin K: 1.98µg (1.88%)