

Parsnip Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

Ingredients

- 3 large eggs lightly beaten
- 0.5 cup heavy cream
- 1.8 teaspoons kosher salt
- 1 cup milk
- 1.3 pounds parsnips thick peeled
- 0.3 teaspoon pepper freshly ground

Equipment

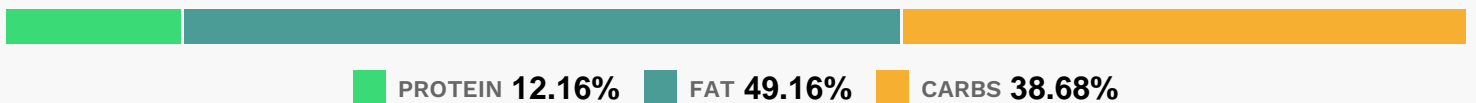
- food processor
- bowl

- sauce pan
- oven
- whisk
- sieve
- ramekin
- baking pan
- roasting pan
- aluminum foil
- microwave
- glass baking pan

Directions

- Preheat the oven to 32
- Lightly butter ten 1/4-cup ramekins or an 8-by-12-inch glass baking dish. In a medium saucepan, steam the parsnips until very tender, about 25 minutes.
- Transfer the parsnips to a food processor and puree. Strain the puree through a coarse sieve into a medium bowl.
- Whisk in the eggs, milk, cream, salt and pepper. Strain the custard through a fine sieve and pour it into the ramekins or the baking dish. Set the ramekins or the baking dish in a large roasting pan and carefully pour in enough hot water to reach halfway up the sides of the ramekins or the baking dish. Cover the pan loosely with foil.
- Bake for 45 minutes for the ramekins and 1 hour for the baking dish, or until the custards are just set.
- Make Ahead: The custards can be refrigerated overnight. Reheat in the ramekins or baking dish in a microwave oven on high until warmed through.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:4.3, Inflammation Score:-3, Nutrition Score:7.2213043648264%

Flavonoids

Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 119.2kcal (5.96%), Fat: 6.67g (10.27%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 9.03g (3.28%), Sugar: 4.3g (4.78%), Cholesterol: 72.18mg (24.06%), Sodium: 446.42mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Manganese: 0.33mg (16.51%), Vitamin K: 13.34µg (12.7%), Vitamin C: 9.71mg (11.77%), Folate: 45.52µg (11.38%), Fiber: 2.79g (11.16%), Phosphorus: 101.58mg (10.16%), Selenium: 6.45µg (9.21%), Vitamin B2: 0.15mg (9%), Potassium: 281.97mg (8.06%), Vitamin E: 1.12mg (7.5%), Vitamin B5: 0.69mg (6.92%), Calcium: 67.15mg (6.72%), Vitamin A: 295.73IU (5.91%), Magnesium: 22.1mg (5.52%), Vitamin D: 0.76µg (5.06%), Vitamin B1: 0.07mg (4.88%), Vitamin B6: 0.1mg (4.79%), Vitamin B12: 0.28µg (4.74%), Zinc: 0.66mg (4.39%), Copper: 0.08mg (4.07%), Iron: 0.62mg (3.43%), Vitamin B3: 0.44mg (2.21%)