



## Pumpkin Custard with a Kick

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



6

CALORIES



169 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 15 ounce pumpkin puree canned
- 0.3 teaspoon cayenne pepper
- 4 egg whites lightly beaten
- 12 fluid ounce evaporated milk fat-free canned
- 0.3 cup orange juice
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract

## Equipment

- frying pan
- ladle
- oven
- knife
- mixing bowl
- wire rack
- baking pan

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place 6 custard cups in a 9x13-inch baking dish. Bring a kettle of water to the boil.
- Combine the brown sugar, pumpkin pie spice, cayenne pepper, vanilla extract, orange juice, and lightly beaten egg whites in a mixing bowl. Stir in the pumpkin and evaporated milk until well blended.
- Carefully ladle the custard into each cup, dividing the mixture evenly.
- Pour boiling water around the cups to a depth of at least 1 inch.
- Bake the custards in the preheated oven until a knife inserted into the center of the custard comes out clean, about 45 minutes.
- Carefully remove the pan from the oven; allow to cool.
- Remove the custard cups from the water bath and cool completely on a wire rack. Refrigerate before serving.
- Serve garnished with a tablespoon of real whipped cream, if desired.

## Nutrition Facts



**PROTEIN 16.48%** **FAT 24.96%** **CARBS 58.56%**

## Properties

Glycemic Index:14, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:11.64086964856%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 168.76kcal (8.44%), Fat: 4.78g (7.36%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.1g (8.4%), Sugar: 21.26g (23.62%), Cholesterol: 17.15mg (5.72%), Sodium: 103.22mg (4.49%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 7.1g (14.21%), Vitamin A: 11227.65IU (224.55%), Calcium: 187.93mg (18.79%), Vitamin B2: 0.32mg (18.7%), Phosphorus: 150.78mg (15.08%), Potassium: 399.59mg (11.42%), Vitamin C: 9.41mg (11.4%), Vitamin K: 11.87µg (11.3%), Magnesium: 35.59mg (8.9%), Manganese: 0.18mg (8.83%), Fiber: 2.15g (8.59%), Selenium: 5.84µg (8.34%), Vitamin B5: 0.73mg (7.35%), Iron: 1.29mg (7.19%), Vitamin E: 0.88mg (5.88%), Copper: 0.1mg (5.13%), Folate: 17.43µg (4.36%), Vitamin B6: 0.08mg (4.15%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.06mg (3.71%), Vitamin B3: 0.47mg (2.34%), Vitamin B12: 0.11µg (1.88%)