



## Pumpkin Custards with Brittle Topping

 Gluten Free

READY IN



595 min.

SERVINGS



6

CALORIES



368 kcal

### Ingredients

- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 14 oz condensed milk fat-free sweetened canned (not evaporated)
- ☐ 4 eggs
- ☐ 2 teaspoons vanilla
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup peanuts chopped

### Equipment

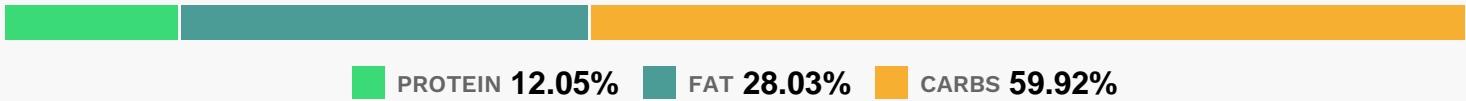
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ tongs

## Directions

- ☐ Heat oven to 325°F. Spray 6 (6-oz) custard cups or ramekins with cooking spray.
- ☐ In blender, place all ingredients except peanut brittle. Cover; process on high speed just until smooth.
- ☐ Pour mixture evenly into custard cups.
- ☐ Place cups in 13x9-inch pan; place pan in oven. Carefully pour very hot water into pan to within 1/2 inch of tops of cups.
- ☐ Bake 45 minutes or until knife inserted halfway between center and edge comes out clean. Carefully transfer cups from water to cooling rack using tongs; cool completely.
- ☐ Cover; refrigerate at least 8 hours.
- ☐ Sprinkle each custard with 2 teaspoons peanut brittle before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.54, Glycemic Load:22.01, Inflammation Score:-10, Nutrition Score:17.089565196763%

## Nutrients (% of daily need)

Calories: 367.65kcal (18.38%), Fat: 11.7g (18%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 49.75g (18.09%), Sugar: 36.29g (40.32%), Cholesterol: 131.61mg (43.87%), Sodium: 323.16mg (14.05%), Alcohol: 0.46g (100%), Alcohol %: 0.33% (100%), Protein: 11.31g (22.62%), Vitamin A: 6217IU (124.34%), Vitamin B2: 0.5mg (29.58%), Selenium: 20.04µg (28.63%), Phosphorus: 281.41mg (28.14%), Fiber: 6.51g (26.04%), Manganese: 0.51mg (25.65%), Calcium: 239.41mg (23.94%), Vitamin B5: 1.86mg (18.6%), Folate: 60.55µg (15.14%), Potassium: 433.15mg (12.38%), Magnesium: 44.11mg (11.03%), Vitamin B6: 0.22mg (10.96%), Iron: 1.7mg (9.42%),

Vitamin B12: 0.55µg (9.2%), Zinc: 1.33mg (8.87%), Vitamin B1: 0.12mg (8.28%), Vitamin B3: 1.41mg (7.04%), Copper: 0.14mg (6.83%), Vitamin C: 4.28mg (5.19%), Vitamin D: 0.72µg (4.79%), Vitamin E: 0.42mg (2.8%)