



WHATSheATE



Pumpkin Custards with Brittle Topping



Vegetarian



Gluten Free

READY IN



52 min.

SERVINGS



6

CALORIES



324 kcal

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 4 large eggs
- ☐ 0.3 cup peanut brittle chopped
- ☐ 1 teaspoon pumpkin-pie spice
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 teaspoons vanilla extract

Equipment

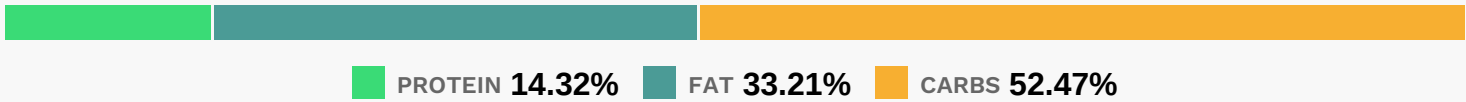
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Place first 6 ingredients in a blender; process just until smooth.
- ☐ Pour custard mixture evenly into 6 (6-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 45 minutes or until center of custard barely moves when ramekin is touched.
- ☐ Remove ramekins from pan; cool completely on a wire rack. Cover and chill 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:16.54913035683%

Nutrients (% of daily need)

Calories: 323.76kcal (16.19%), Fat: 12.18g (18.74%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 40.64g (14.78%), Sugar: 38.64g (42.94%), Cholesterol: 146.49mg (48.83%), Sodium: 184.97mg (8.04%), Alcohol: 0.46g (100%), Alcohol %: 0.33% (100%), Protein: 11.82g (23.65%), Vitamin A: 11387.58IU (227.75%), Selenium: 20.78µg (29.68%), Phosphorus: 282.24mg (28.22%), Vitamin B2: 0.48mg (27.98%), Calcium: 233.85mg (23.39%), Manganese: 0.34mg (16.78%), Vitamin B5: 1.4mg (13.99%), Potassium: 486.87mg (13.91%), Magnesium: 49.55mg (12.39%), Folate: 46.13µg (11.53%), Vitamin K: 11.93µg (11.36%), Iron: 2mg (11.11%), Fiber: 2.68g (10.73%), Vitamin B12: 0.59µg (9.8%), Vitamin B1: 0.13mg (8.77%), Zinc: 1.31mg (8.74%), Copper: 0.17mg (8.36%), Vitamin E: 1.21mg (8.09%), Vitamin B6: 0.15mg (7.65%), Vitamin B3: 1.41mg (7.03%), Vitamin C: 4.77mg (5.79%), Vitamin D: 0.8µg (5.33%)