



Pumpkin Custards with Crunchy Pecan Topping

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter
- ☐ 15 ounce pumpkin canned
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger

- ☐ 0.8 cup heavy whipping cream
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Stir together first 11 ingredients in a large bowl.
- ☐ Pour mixture evenly into 8 lightly greased 4-ounce ramekins or custard cups.
- ☐ Place in a large roasting pan; add hot water to pan to depth of 1".
- ☐ Bake, uncovered, at 325 for 55 minutes.
- ☐ Meanwhile, melt butter in a large skillet over medium heat; add pecans and 1/2 cup sugar. Cook, stirring constantly, 6 minutes or until sugar is dissolved and mixture is just golden brown.
- ☐ Pour onto a parchment paper-lined pan, spreading evenly. Cool completely; break into small pieces, and set aside.
- ☐ Remove ramekins from water; cool slightly on wire racks. Cover and chill up to 24 hours, if desired.
- ☐ To serve, top each custard with 1 1/2 tablespoons pecan topping.

Nutrition Facts



 PROTEIN **4.43%**  FAT **60.17%**  CARBS **35.4%**

Properties

Glycemic Index:19.39, Glycemic Load:8.8, Inflammation Score:-10, Nutrition Score:11.958695691565%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 358.13kcal (17.91%), Fat: 24.98g (38.43%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 30.15g (10.96%), Sugar: 28.83g (32.03%), Cholesterol: 71.71mg (23.9%), Sodium: 242.76mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin A: 8930.27IU (178.61%), Manganese: 0.75mg (37.38%), Copper: 0.24mg (12.03%), Fiber: 2.92g (11.7%), Phosphorus: 96.5mg (9.65%), Vitamin K: 9.8µg (9.33%), Vitamin B2: 0.15mg (8.87%), Vitamin E: 1.32mg (8.77%), Magnesium: 33.56mg (8.39%), Iron: 1.45mg (8.04%), Selenium: 5.5µg (7.86%), Vitamin B1: 0.11mg (7.55%), Potassium: 226.84mg (6.48%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.6mg (6.04%), Calcium: 60.02mg (6%), Vitamin B6: 0.09mg (4.72%), Folate: 16.45µg (4.11%), Vitamin D: 0.61µg (4.05%), Vitamin C: 2.7mg (3.28%), Vitamin B12: 0.15µg (2.57%), Vitamin B3: 0.4mg (2.01%)