



Pumpkin-Praline Custards



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.8 cup pumpkin canned
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups vanilla soy milk

- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 9 ingredients in a bowl; stir well with a whisk. Divide pumpkin mixture evenly among 6 (6-ounce) custard cups coated with cooking spray.
- ☐ Place cups in a 13 x 9inch metal baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 325 for 50 minutes or until a knife inserted in center comes out clean.
- ☐ Remove the cups from pan; cool completely on a wire rack. Cover and chill at least 3 hours.
- ☐ Combine 1/4 cup sugar and 2 tablespoons water in a small skillet. Cook over medium-high heat 4 minutes or until golden, stirring occasionally.
- ☐ Remove from heat, and stir in pecans. Immediately scrape pecan mixture onto a baking sheet coated with cooking spray, spreading evenly; cool completely. Break praline into small pieces.
- ☐ Sprinkle over custards.

Nutrition Facts



 **PROTEIN 10.33%**  **FAT 25.17%**  **CARBS 64.5%**

Properties

Glycemic Index:43.1, Glycemic Load:21.99, Inflammation Score:-10, Nutrition Score:12.384347915649%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 6.3g (9.69%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 34.44g (12.53%), Sugar: 33.42g (37.13%), Cholesterol: 62mg (20.67%), Sodium: 170.52mg (7.41%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.82g (11.63%), Vitamin A: 5092.23IU (101.84%), Manganese: 0.35mg (17.51%), Vitamin B2: 0.27mg (15.93%), Vitamin E: 2.06mg (13.74%), Vitamin B12: 0.8µg (13.26%), Selenium: 9.17µg (13.1%), Calcium: 109.71mg (10.97%), Vitamin B3: 2.14mg (10.71%), Vitamin B6: 0.19mg (9.71%), Copper: 0.18mg (9.05%), Folate: 31.98µg (8%), Fiber: 1.86g (7.44%), Vitamin D: 1.04µg (6.94%), Vitamin C: 5.61mg (6.8%), Iron: 1.19mg (6.63%), Potassium: 209.69mg (5.99%), Phosphorus: 58.64mg (5.86%), Vitamin B1: 0.08mg (5.45%), Vitamin K: 5.26µg (5.01%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.63mg (4.23%), Magnesium: 16.45mg (4.11%)