



Raspberry Cup Custard with Graham Cracker Crust

 Vegetarian

READY IN



250 min.

SERVINGS



4

CALORIES



825 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon rum dark
- ☐ 6 large egg yolks
- ☐ 1 cup graham cracker crumbs
- ☐ 2 cups heavy cream
- ☐ 36 raspberries fresh
- ☐ 0.5 cup sugar
- ☐ 5 tablespoons butter unsalted melted

- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 300 degrees and set a rack in the middle.
- ☐ In a small mixing bowl, combine the graham cracker crumbs, 1/2 cup of the sugar, and the melted butter. Divide the mixture among 4 (1-cup) custard cups and press down to form a crust on the bottom.
- ☐ In a small saucepan over medium heat, combine the cream and 1 tablespoon of the remaining tablespoon of sugar. Scald and remove from the heat. In a large mixing bowl, combine the yolks, the remaining tablespoon of sugar, vanilla, and rum.
- ☐ Whisk lightly, just to combine.
- ☐ Whisking lightly, gradually drizzle the scalded cream mixture into the egg mixture to warm it without scrambling the eggs. Strain the mixture and pour into custard cups.
- ☐ Place 6 raspberries in each cup, dunking them so they are coated with custard.
- ☐ Arrange the cups in a roasting pan and pour in hot water halfway up the sides. Cover the pan with foil and bake for 30 to 40 minutes, or until the custards are set. Cool in the pan, then refrigerate, covered, up to 2 days ahead.
- ☐ If you like, sprinkle a light layer of sugar over each custard and place under a preheated broiler for about 2 to 4 minutes, watching that they don't burn.
- ☐ Serve immediately after glazing.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:29.02, Inflammation Score:-8, Nutrition Score:13.009565187537%

Flavonoids

Cyanidin: 8.24mg, Cyanidin: 8.24mg, Cyanidin: 8.24mg, Cyanidin: 8.24mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 824.86kcal (41.24%), Fat: 66.21g (101.86%), Saturated Fat: 39.13g (244.54%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 45.88g (16.68%), Sugar: 34.61g (38.46%), Cholesterol: 447.49mg (149.16%), Sodium: 185.45mg (8.06%), Alcohol: 2.37g (100%), Alcohol %: 1.29% (100%), Protein: 9.27g (18.54%), Vitamin A: 2560.27IU (51.21%), Selenium: 18.21µg (26.02%), Vitamin B2: 0.43mg (25.27%), Vitamin D: 3.54µg (23.62%), Phosphorus: 220.65mg (22.07%), Vitamin E: 2.32mg (15.44%), Folate: 55.96µg (13.99%), Calcium: 137.33mg (13.73%), Vitamin B12: 0.72µg (11.96%), Vitamin B5: 1.15mg (11.46%), Iron: 1.83mg (10.16%), Zinc: 1.38mg (9.19%), Vitamin B1: 0.12mg (8.25%), Vitamin B6: 0.16mg (8.16%), Fiber: 1.88g (7.54%), Manganese: 0.15mg (7.28%), Magnesium: 26.69mg (6.67%), Vitamin C: 5.43mg (6.58%), Vitamin K: 6.62µg (6.3%), Potassium: 214.78mg (6.14%), Vitamin B3: 1.01mg (5.03%), Copper: 0.06mg (3.15%)