

# Soft Baked Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



181 kcal

DESSERT

## Ingredients

- 1 eggs
- 1 Dash nutmeg
- 1 cup milk
- 0.1 teaspoon salt
- 3 tablespoons sugar
- 0.8 teaspoon vanilla extract

## Equipment

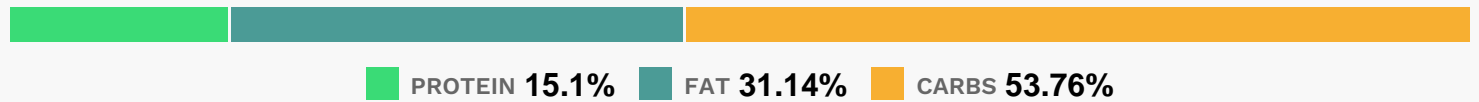
- bowl

- oven
- knife
- baking pan

## Directions

- In a small bowl, beat egg.
- Add the milk, sugar, vanilla and salt; mix well.
- Pour into two ungreased 6-oz. custard cups.
- Sprinkle with nutmeg.
- Place the custard cups on a baking pan. Fill pan with hot water to a depth of 1 in.
- Bake, uncovered, at 350° for 35–40 minutes or until a knife inserted near the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:89.05, Glycemic Load:14.83, Inflammation Score:-2, Nutrition Score:6.1365218637106%

## Nutrients (% of daily need)

Calories: 180.9kcal (9.05%), Fat: 6.24g (9.59%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 24.12g (8.77%), Sugar: 24.25g (26.94%), Cholesterol: 96.48mg (32.16%), Sodium: 223.34mg (9.71%), Alcohol: 0.52g (100%), Alcohol %: 0.4% (100%), Protein: 6.8g (13.61%), Phosphorus: 167.93mg (16.79%), Calcium: 163.74mg (16.37%), Vitamin B2: 0.27mg (16.12%), Vitamin B12: 0.85µg (14.24%), Selenium: 9.19µg (13.13%), Vitamin D: 1.78µg (11.88%), Vitamin B5: 0.79mg (7.93%), Vitamin A: 316.95IU (6.34%), Potassium: 217.72mg (6.22%), Vitamin B6: 0.11mg (5.65%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.27%), Magnesium: 18.38mg (4.59%), Folate: 10.72µg (2.68%), Iron: 0.41mg (2.29%), Vitamin E: 0.29mg (1.95%), Manganese: 0.03mg (1.5%), Copper: 0.02mg (1.23%)