

Soft Boiled Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 6 servings ground nutmeg
- ☐ 3 cups milk
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

Equipment

- ☐ mixing bowl

☐ double boiler

Directions

- ☐ Combine milk and whipping cream in top of a double boiler. Cook over boiling water, stirring constantly, until milk mixture is warm.
- ☐ Combine eggs and sugar in a small mixing bowl; beat well.
- ☐ Gradually stir one-fourth of hot milk mixture into egg mixture; add to remaining hot milk mixture, stirring well. Cook over boiling water, stirring constantly with a metal spoon, until mixture begins to thicken and coats the spoon.
- ☐ Remove from heat, and stir in vanilla. Cool to room temperature; chill.
- ☐ Pour custard into chilled cups, and sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:25.83, Inflammation Score:-5, Nutrition Score:8.7556521218756%

Nutrients (% of daily need)

Calories: 390.77kcal (19.54%), Fat: 21.85g (33.61%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 40.89g (14.87%), Sugar: 41.06g (45.62%), Cholesterol: 168.58mg (56.19%), Sodium: 99.44mg (4.32%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 8.94g (17.88%), Vitamin B2: 0.39mg (22.65%), Phosphorus: 208.61mg (20.86%), Calcium: 196.75mg (19.68%), Vitamin A: 941.18IU (18.82%), Selenium: 12.75µg (18.21%), Vitamin D: 2.56µg (17.09%), Vitamin B12: 0.98µg (16.39%), Vitamin B5: 1.01mg (10.06%), Potassium: 269.82mg (7.71%), Vitamin B6: 0.14mg (7.08%), Zinc: 1.02mg (6.81%), Vitamin B1: 0.09mg (6.33%), Magnesium: 24.68mg (6.17%), Vitamin E: 0.73mg (4.89%), Folate: 16.89µg (4.22%), Manganese: 0.07mg (3.72%), Iron: 0.63mg (3.51%), Copper: 0.05mg (2.5%), Fiber: 0.42g (1.66%), Vitamin K: 1.72µg (1.64%), Vitamin B3: 0.2mg (1.02%)