



Sugar Pumpkin Custards with Graham Crumble

READY IN



645 min.

SERVINGS



8

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons butter melted
- ☐ 1 large eggs
- ☐ 1 tablespoon egg whites lightly beaten
- ☐ 4 large egg yolks
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 6 tablespoons graham cracker crumbs
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup half-and-half
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 2.5 pounds pumpkin
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-fat

Equipment

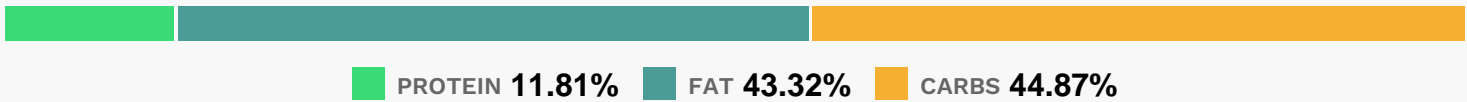
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ roasting pan
- ☐ ziploc bags
- ☐ meat tenderizer
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 32
- ☐ Pierce pumpkin 5 times with a knife; place on a baking sheet.

- ☐ Bake at 325 for 1 hour and 15 minutes or until tender when pierced.
- ☐ Let stand 10 minutes. Discard stem, skin, and seeds.
- ☐ Place 1 cup chopped pumpkin (8 1/2 ounces) in a large bowl. (Save remaining pumpkin for another use.) Beat with a mixer at medium speed until smooth.
- ☐ Add 1/3 cup sugar and next 4 ingredients (through whole egg); beat until well blended.
- ☐ Place half-and-half and next 4 ingredients (through milk) in a saucepan over medium heat.
- ☐ Heat to 180 or until tiny bubbles form around edge.
- ☐ Add milk mixture to pumpkin mixture. Beat at low speed 1 minute. Strain mixture through a cheesecloth-lined sieve into a bowl. Discard solids. Divide mixture evenly among 8 (4-ounce) ramekins.
- ☐ Place ramekins in a large roasting pan.
- ☐ Add hot water to pan to a depth of 1 inch; bake at 325 for 50 minutes or until center barely moves when pan is touched.
- ☐ Remove ramekins from pan; cool on a wire rack. Cover and chill 4 hours.
- ☐ Combine cracker crumbs and next 4 ingredients.
- ☐ Spread mixture in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 325 for 25 minutes.
- ☐ Let stand 5 minutes.
- ☐ Place crumb mixture in a zip-top plastic bag, and coarsely crush using a meat mallet or small heavy skillet. Top each custard with 1 table-spoon whipped topping and about 2 teaspoons graham crumble.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:16.7, Inflammation Score:-10, Nutrition Score:15.186087007108%

Flavonoids

Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg

Nutrients (% of daily need)

Calories: 273.85kcal (13.69%), Fat: 13.54g (20.83%), Saturated Fat: 7.37g (46.03%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 30.47g (11.08%), Sugar: 21.78g (24.2%), Cholesterol: 144.51mg (48.17%), Sodium: 298.59mg (12.98%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 8.3g (16.61%), Vitamin A: 12511.07IU (250.22%), Vitamin B2: 0.46mg (26.85%), Phosphorus: 242.87mg (24.29%), Calcium: 199.95mg (19.99%), Potassium: 692.71mg (19.79%), Vitamin C: 13.85mg (16.78%), Selenium: 9.63µg (13.75%), Vitamin E: 2.03mg (13.52%), Folate: 46.15µg (11.54%), Vitamin B5: 1.14mg (11.39%), Manganese: 0.22mg (11.19%), Iron: 1.91mg (10.62%), Copper: 0.21mg (10.32%), Magnesium: 36.75mg (9.19%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.34mg (8.9%), Vitamin B6: 0.17mg (8.62%), Vitamin B3: 1.27mg (6.35%), Vitamin B12: 0.36µg (6.05%), Fiber: 1.08g (4.31%), Vitamin D: 0.63µg (4.18%), Vitamin K: 2.7µg (2.58%)