



Summer Squash Goat-Cheese Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 3 tablespoons optional: dill fresh chopped for garnishing
- ☐ 3 ounces goat cheese
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup milk

- ☐ 1 medium onion coarsely chopped
- ☐ 1 tablespoon sugar
- ☐ 2 large to 3 sized squashes yellow sliced into ½-inch rounds (4 cups)

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 400F.
- ☐ Place the squash and onion in a large saucepan in
- ☐ enough water to cover them. Cook over medium-high heat, covered, until
- ☐ the squash are tender, about 15 minutes. Strain well and mash slightly
- ☐ with a potato masher or large fork.
- ☐ Add the goat cheese and butter while
- ☐ still hot and stir until melted.
- ☐ Mix in the cornmeal, eggs, milk, dill,
- ☐ sugar, salt, and pepper.
- ☐ Pour into an 8-by-8-inch baking dish or 6
- ☐ individual ramekins that have been coated with cooking spray.
- ☐ Bake at
- ☐ F for 40 minutes (35 minutes for the ramekins) or until golden brown
- ☐ on top.
- ☐ Serve warm or at room temperature

Nutrition Facts



 **PROTEIN 16.34%**  **FAT 54.7%**  **CARBS 28.96%**

Properties

Glycemic Index:55.43, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:10.096087020376%

Flavonoids

Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 191.19kcal (9.56%), Fat: 11.98g (18.43%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.11g (4.4%), Sugar: 7.39g (8.21%), Cholesterol: 81.01mg (27%), Sodium: 524.36mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin C: 19.83mg (24.04%), Vitamin B2: 0.34mg (20.27%), Vitamin B6: 0.38mg (19.1%), Phosphorus: 169.61mg (16.96%), Manganese: 0.3mg (14.97%), Vitamin A: 698.48IU (13.97%), Potassium: 420.6mg (12.02%), Folate: 46.09µg (11.52%), Calcium: 101.94mg (10.19%), Copper: 0.2mg (9.79%), Selenium: 6.47µg (9.24%), Magnesium: 36.68mg (9.17%), Fiber: 2.17g (8.66%), Vitamin B1: 0.12mg (7.95%), Vitamin B5: 0.71mg (7.13%), Zinc: 1.05mg (6.98%), Iron: 1.17mg (6.52%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.8µg (5.32%), Vitamin K: 4.5µg (4.29%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.52mg (3.48%)