



## Vanilla Bean Baked Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

DESSERT

### Ingredients

- 1 large eggs lightly beaten
- 2 large egg yolks
- 12 ounce evaporated milk low-fat canned
- 0.5 cup milk 1% low-fat
- 0.3 cup sugar
- 1 teaspoon vanilla bean paste

### Equipment

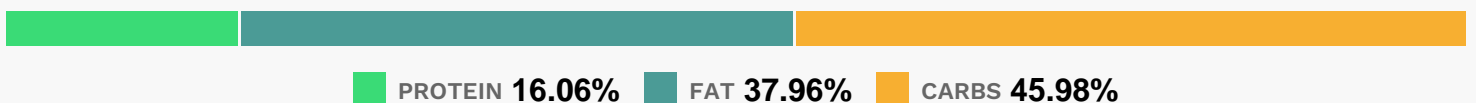
- bowl

- sauce pan
- ladle
- knife
- whisk
- wire rack
- sieve
- ramekin
- aluminum foil
- slow cooker
- canning jar

## Directions

- Combine milks in a medium saucepan. Bring to a simmer over medium heat, about 4 minutes.
- Remove from heat; add vanilla bean paste, stirring with a whisk until blended.
- Combine egg, egg yolks, and sugar in a medium bowl, stirring with a whisk until blended. Gradually add hot milk, stirring vigorously with a whisk.
- Pour egg mixture through a sieve into a bowl.
- Place 4 metal canning jar bands in bottom of a 6-quart oval electric slow cooker. Ladle egg mixture evenly into 4 (8-ounce) ramekins. Cover ramekins with foil. Set 1 ramekin on each band, making sure ramekins do not touch each other or sides of slow cooker. Carefully pour hot water into slow cooker to depth of 1 inch up sides of ramekins.
- Cover and cook on HIGH for 1 hour and 45 minutes or until a knife inserted in center of custards comes out clean.
- Remove ramekins from slow cooker, and cool on a wire rack.
- Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:8.0400000292322%

## Nutrients (% of daily need)

Calories: 241.91kcal (12.1%), Fat: 10.2g (15.7%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 27.82g (10.11%), Sugar: 27.48g (30.53%), Cholesterol: 164.44mg (54.81%), Sodium: 123.65mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.43%), Calcium: 277.28mg (27.73%), Phosphorus: 260.93mg (26.09%), Vitamin B2: 0.42mg (24.43%), Selenium: 11.27µg (16.1%), Vitamin B5: 1.09mg (10.95%), Vitamin B12: 0.59µg (9.88%), Potassium: 331.45mg (9.47%), Vitamin A: 451.16IU (9.02%), Zinc: 1.14mg (7.6%), Vitamin D: 1.12µg (7.46%), Magnesium: 25.88mg (6.47%), Folate: 25.68µg (6.42%), Vitamin B6: 0.11mg (5.56%), Vitamin B1: 0.08mg (5.12%), Iron: 0.62mg (3.45%), Vitamin E: 0.49mg (3.28%), Vitamin C: 1.62mg (1.96%), Copper: 0.03mg (1.53%), Vitamin B3: 0.21mg (1.05%)