

Baked Custard

Serving size: ½ cup

Serves: 4

Ingredients:

1 ½ cups skim milk
2 large eggs, beaten slightly
2 tablespoons sugar
⅛ teaspoon salt
1 teaspoon pure vanilla extract
⅛ teaspoon ground nutmeg (optional)

Directions:

Preheat oven to 325°F. Heat milk in the top of a double boiler over simmering water until surface begins to wrinkle. Blend together the eggs, sugar; salt, and vanilla. Add hot milk gradually, stirring to mix well. Pour into four 6-ounce individual custard cups. Sprinkle surface lightly with nutmeg. Set cups in a deep pan; pour hot water around cups to come to within ½ inch of tops of custard cups. Bake 50-60 minutes or until knife tip inserted in center of custard comes out clean. Remove from heat and water pan. Chill for several hours before serving.

Exchanges per serving:

1 Low-Fat Milk

Nutrients per serving:

Calories: 95

Calories from fat: 28%

Total Fat: 3g

Cholesterol: 139mg

Total Carbohydrate: 11g

Sodium: 143mg

Dietary Fiber: 0g

Protein: 6g