

Fortified Baked Custard

Ingredients:

- 3 eggs, beaten slightly, or 3/4 cup egg substitute
- 2 cups water
- 1 1/3 cups instant dried nonfat milk
- 3 to 4 tablespoons granulated sugar or sugar substitute* as desired
- 1 teaspoon vanilla
- 1/8 teaspoon nutmeg



Preparation:

1. Mix all ingredients.
2. Pour mixture evenly into 4 custard cups (3/4 to 1-cup capacity).
3. Place the custard cups on a rack in an electric skillet.
4. Add hot water to about 1-inch deep in the pan. Cover the cups with plastic wrap. Cover the pan with a lid and open the vent.
5. Bring the water nearly to boiling. Turn the heat down so the water simmers but does not boil (about 180°F.).
6. Cook until a knife blade inserted in the custard between the center and the edge comes out clean, about 15-20 minutes.
7. Remove the cups and chill before serving.

Makes six 1/2 cup servings

(Nutritional information is per serving with 3 tablespoons of sugar added)

*Aspartame sweeteners, such as Equal, do not retain sweetness with long heating.

Amount Per Serving	
Calories 118-120	Calories from Fat 25
% Daily Values*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 110mg	36%
Sodium 115mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 8g	
Vitamin A 10%	• Vitamin C 2%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

