GLOBAL · DESSERT · SNACK · BREAKFAST

Unsweetened Baked Egg and Cream Custards

60 min · plus cooling and chilling Makes 10 × 1 custard cup (about 100 g) 168 kcal a portion

Video 11:38 · Oh, The Things We'll Make!

Carnivore | Vegetarian | Gluten-free ingredients | No nuts listed

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A creamy dessert with no sugar or sweetener at all: each cup has about 167 kcal and just over 1 g of carbohydrate, and is a good source of vitamin A.

Diet notes: Keto (1.3 g net carbs a serve).

Ingredients 3 · MAKES 10 × 1 CUSTARD CUP (ABOUT 100 G)

- [ ] 6 **eggs**
- [ ] 1½ cups **heavy whipping cream**
- [ ] 1½ cups **water**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F and put a kettle of water on. Set 10 small custard cups or ramekins in a deep roasting tin. 1:37
2. Blend or whisk the 6 eggs until frothy, then add the 1½ cups cream and 1½ cups water and mix until completely smooth. 3:24
3. Pour the mixture into the cups, filling them almost to the top. Put the tin in the oven and pour hot water around the cups to come as far up their sides as you safely can. 5:09
4. Bake for 40–48 minutes, until the custards are set with only a slight wobble when you jiggle a cup. If they are still loose, give them a few more minutes. 7:28
5. Lift the cups out of the water bath, cool to room temperature, then cover and chill in the fridge before eating. 9:55

> **Tip** Take them out a few minutes early for a softer, pudding-like set. You can bake the whole batch in one pie dish set in a water bath; it needs longer. Cover the cups so they don't pick up fridge smells.

The method is a summary in our words — the video shows every step.

One portion, 1 custard cup (about 100 g), gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
168 kcal 700 kJ	4.5 g 9% of a day	1.3 g 1.3 g net · 1.4 g sugars 0% of a day	0 g 0% of a day	16 g 9.2 g saturated 21% of a day	50 mg 2% of a day

Energy from net carbs 3% · protein 11% · fat 86% — fits keto: 1.3 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin A 21%

Source of (10–19%) Selenium 19% · Vitamin B12 17%

Recipe and video: Oh, The Things We'll Make! (@Thethingswellmake) on YouTube — youtube.com/watch?v=RV3Qwb3b52A, published 2 May 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-baked-egg-custard