

Baked Mango Custard



PREPARATION TIME: 15 minutes

MAKES: 8 servings.

CHILL TIME: 25 minutes

This recipe may be tripled if needed.

INGREDIENT	MEASUREMENT	METRIC
Fresh mango, whole	1 cup puree	207 grams
large eggs	4 eggs	200 grams
SPLENDA® No Calorie Sweetener Granular	1/2 cup	12 grams
evaporated milk	1 cup	252 grams
vanilla extract	1 teaspoon	4.80 grams

PREHEAT oven to 350° F.

PROCESS the mango in a food processor or blender until smooth, use 1 cup and save the remainder for another day.

BEAT eggs at medium speed with an electric mixer until frothy; add SPLENDA® Granular, beating until blended. Gradually add milk, 1 cup mango puree and vanilla, beating at low speed until blended.

POUR custard mixture into 8 (6-ounce) custard cups.

Set custard cups in a roasting pan; add hot water to a depth of 1 inch.

BAKE for 25 to 30 minutes or until a knife inserted in the center comes out clean. Remove custard cups from water. Serve custards at room temperature or chilled with mango slices and a dollop of whipped topping.

Optional Garnish: mango slices and whipped topping

Note: Use ripe mangoes for best results.

NUTRITION INFORMATION PER SERVING

Serving Size: 1/8 recipe

Calories	100	Sodium	70mg
Calories from Fat	45	Total Carbohydrate	9g
Total Fat	5g	Dietary Fiber	1g
Saturated Fat	2g	Sugars	7g
Cholesterol	115mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 29% reduction in calories, a 54% reduction in carbohydrates, and a 63% reduction in sugars!

DIETARY EXCHANGES

1/2 Starch
1 Fat

