



Blackberry Custard

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

DESSERT

Ingredients

- 2 cups blackberries fresh
- 4 egg yolks
- 0.3 cup flour all-purpose
- 2 cups milk
- 4 servings garnish: mint sprigs fresh
- 1 Dash salt
- 0.8 cup sugar
- 2 tablespoons sugar

- 0.5 teaspoon vanilla extract
- 1 cup whipping cream

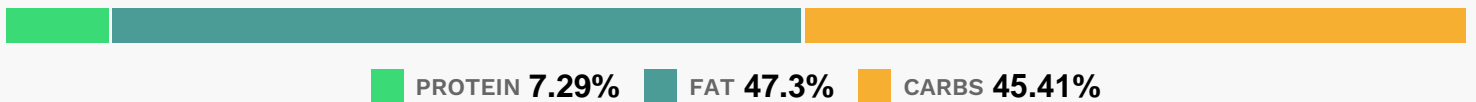
Equipment

- sauce pan
- whisk
- hand mixer

Directions

- Combine first 3 ingredients in a heavy saucepan; whisk in egg yolks and milk. Cook over medium heat, whisking constantly, 5 to 7 minutes or until thickened.
- Remove from heat; stir in vanilla.
- Pour into a serving dish; cool. Cover and chill 2 hours.
- Beat whipping cream at medium speed with an electric mixer until foamy; gradually add 2 tablespoons sugar, beating until soft peaks form.
- Spread over custard. Top with fresh blackberries; garnish, if desired.
- Prep: 15 min., Cook: 7 min., Chill: 2 hrs.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:39.06, Inflammation Score:-8, Nutrition Score:16.246521804644%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 571.95kcal (28.6%), Fat: 30.76g (47.32%), Saturated Fat: 17.7g (110.64%), Carbohydrates: 66.44g (22.15%), Net Carbohydrates: 62.26g (22.64%), Sugar: 54.72g (60.8%), Cholesterol: 276.27mg (92.09%), Sodium: 82.47mg (3.59%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 10.67g (21.34%), Vitamin A: 1528.41IU (30.57%), Manganese: 0.57mg (28.31%), Vitamin B2: 0.46mg (26.87%), Selenium: 18.26µg (26.09%), Phosphorus: 255.78mg (25.58%), Calcium: 237.92mg (23.79%), Vitamin D: 3.27µg (21.77%), Vitamin C: 15.8mg (19.15%), Vitamin B12: 1.11µg (18.42%), Folate: 66.86µg (16.72%), Fiber: 4.18g (16.71%), Vitamin K: 16.68µg (15.89%), Vitamin B1: 0.21mg (13.93%), Vitamin B5: 1.39mg (13.93%), Vitamin E: 1.92mg (12.81%), Potassium: 394.23mg (11.26%), Zinc: 1.53mg (10.18%), Magnesium: 37.26mg (9.31%), Vitamin B6: 0.19mg (9.29%), Iron: 1.55mg (8.63%), Copper: 0.16mg (8.11%), Vitamin B3: 1.27mg (6.35%)