



Boiled Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 2 cups milk
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup whipping cream

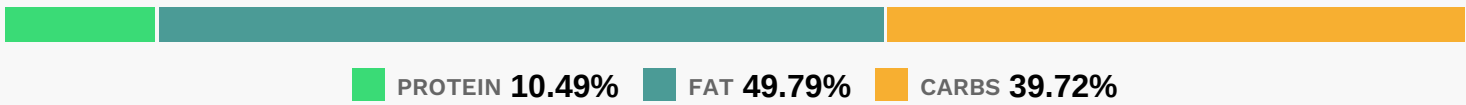
Equipment

- ☐ sauce pan

Directions

- ☐ Combine milk and whipping cream in a medium saucepan. Cook over low heat until milk is warm.
- ☐ Combine eggs and sugar, beating well. Gradually stir one-fourth of warm milk mixture into eggs; add to remaining hot mixture, stirring constantly.
- ☐ Cook over low heat, stirring constantly until mixture thickens and coats the spoon.
- ☐ Remove from heat; stir in vanilla. Cool to room temperature; chill.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:25.44, Inflammation Score:-5, Nutrition Score:9.6878261812355%

Nutrients (% of daily need)

Calories: 400.76kcal (20.04%), Fat: 22.51g (34.64%), Saturated Fat: 12.77g (79.81%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 40.4g (14.69%), Sugar: 40.52g (45.02%), Cholesterol: 223.14mg (74.38%), Sodium: 119.93mg (5.21%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 10.67g (21.34%), Vitamin B2: 0.45mg (26.52%), Selenium: 17.22µg (24.59%), Phosphorus: 233.38mg (23.34%), Vitamin A: 1018.34IU (20.37%), Calcium: 201.27mg (20.13%), Vitamin D: 2.86µg (19.04%), Vitamin B12: 1.11µg (18.56%), Vitamin B5: 1.23mg (12.31%), Vitamin B6: 0.16mg (8.16%), Potassium: 282.81mg (8.08%), Zinc: 1.17mg (7.78%), Vitamin B1: 0.09mg (6.26%), Vitamin E: 0.89mg (5.92%), Magnesium: 22.76mg (5.69%), Folate: 22.27µg (5.57%), Iron: 0.83mg (4.59%), Copper: 0.04mg (2%), Vitamin K: 1.77µg (1.68%)