



Boiled Custard I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 2 eggs beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 2 tablespoons water
- 0.3 cup sugar white

Equipment

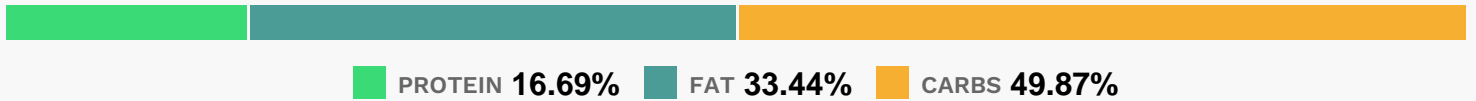
- bowl

- frying pan
- pot
- double boiler

Directions

- Fill the lower pan of a double boiler 1/3 full of water, and bring to a low boil.
- Pour milk into upper pot, and place over boiling water.
- Heat until small bubbles form around the edges of the milk. Stir in sugar, and continue stirring until it dissolves.
- In a small bowl, beat the eggs until light yellow.
- Remove about 1/2 cup hot milk, and gradually stir it into the eggs. Slowly mix the egg mixture into the milk in the pan.
- Mix together cornstarch and water; slowly stir into custard. Bring custard to a boil, and remove from heat. Stir in vanilla.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:5.45, Inflammation Score:-1, Nutrition Score:3.0173913548174%

Nutrients (% of daily need)

Calories: 81.64kcal (4.08%), Fat: 3.02g (4.64%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 10.12g (3.68%), Sugar: 9.28g (10.31%), Cholesterol: 48.24mg (16.08%), Sodium: 39.19mg (1.7%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 3.39g (6.78%), Phosphorus: 83.55mg (8.35%), Calcium: 81.44mg (8.14%), Vitamin B2: 0.14mg (8.01%), Vitamin B12: 0.43µg (7.12%), Selenium: 4.6µg (6.57%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.4mg (3.96%), Vitamin A: 158.22IU (3.16%), Potassium: 107.57mg (3.07%), Vitamin B6: 0.06mg (2.8%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.04mg (2.57%), Magnesium: 8.77mg (2.19%), Folate: 5.17µg (1.29%), Iron: 0.2mg (1.12%)