



Butterscotch Filling

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 6 large egg yolks
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ sauce pan

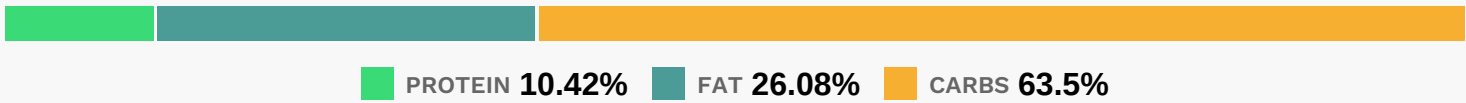
☐

whisk

Directions

- ☐ Whisk together brown sugar, flour, and salt in a heavy saucepan; whisk in egg yolks and milk until well blended. Cook over medium-low heat, whisking constantly, 10 to 12 minutes or until a chilled pudding-like thickness. (
- ☐ Mixture will just begin to bubble and will be thick enough to hold soft peaks when whisk is lifted.)
- ☐ Remove from heat; stir in vanilla. Use immediately.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:4.32, Inflammation Score:-1, Nutrition Score:4.5156521557466%

Nutrients (% of daily need)

Calories: 149.88kcal (7.49%), Fat: 4.33g (6.66%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 23.53g (8.56%), Sugar: 18.53g (20.59%), Cholesterol: 116.02mg (38.67%), Sodium: 57.33mg (2.49%), Alcohol: 0.28g (100%), Alcohol %: 0.42% (100%), Protein: 3.89g (7.78%), Selenium: 8.96µg (12.79%), Phosphorus: 96.53mg (9.65%), Vitamin B2: 0.15mg (8.99%), Calcium: 87.92mg (8.79%), Vitamin B12: 0.46µg (7.71%), Vitamin D: 1.09µg (7.25%), Folate: 26.49µg (6.62%), Vitamin B1: 0.09mg (6.3%), Vitamin B5: 0.54mg (5.36%), Vitamin A: 226.14IU (4.52%), Iron: 0.69mg (3.82%), Vitamin B6: 0.08mg (3.76%), Potassium: 114.14mg (3.26%), Zinc: 0.48mg (3.23%), Manganese: 0.06mg (3.13%), Magnesium: 9.32mg (2.33%), Vitamin B3: 0.44mg (2.22%), Vitamin E: 0.29mg (1.94%), Copper: 0.03mg (1.28%)