



Cheesecake Pastry Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounce cream cheese softened
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 1 cup half-and-half
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup sugar

☐

1 teaspoon vanilla extract

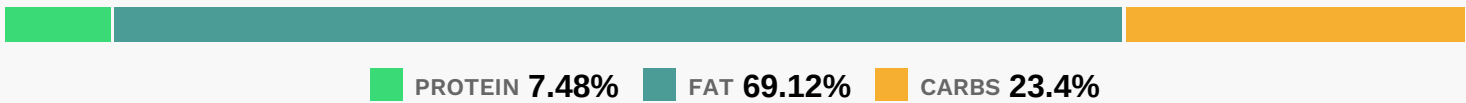
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients in a heavy saucepan. Gradually add half-and-half. Bring to a boil over medium heat, whisking constantly. Cook 1 to 2 minutes or until thickened and bubbly.
- ☐ Remove from heat; whisk in cream cheese and remaining ingredients until smooth.
- ☐ Transfer to a small bowl; cover and chill at least 4 hours. (Cheesecake Pastry Cream will be thick.)

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:4.79, Inflammation Score:-3, Nutrition Score:3.3626086744277%

Nutrients (% of daily need)

Calories: 204.76kcal (10.24%), Fat: 15.86g (24.4%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 12.03g (4.37%), Sugar: 8.65g (9.61%), Cholesterol: 90.53mg (30.18%), Sodium: 129.06mg (5.61%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.86g (7.72%), Vitamin A: 598.8IU (11.98%), Vitamin B2: 0.17mg (9.81%), Selenium: 6.73µg (9.61%), Phosphorus: 81.11mg (8.11%), Calcium: 67.27mg (6.73%), Vitamin B5: 0.42mg (4.15%), Vitamin B12: 0.22µg (3.71%), Vitamin E: 0.48mg (3.23%), Zinc: 0.4mg (2.65%), Potassium: 90.33mg (2.58%), Vitamin B6: 0.05mg (2.51%), Folate: 9.81µg (2.45%), Magnesium: 6.68mg (1.67%), Vitamin D: 0.25µg (1.64%), Vitamin B1: 0.02mg (1.5%), Iron: 0.24mg (1.32%), Vitamin K: 1.15µg (1.09%)