



Chocolate Pastry Cream

 Vegetarian

READY IN



15 min.

SERVINGS



30

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 1.3 cups chocolate dark chopped
- ☐ 6 egg yolk
- ☐ 1.5 tablespoons flour
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 2.7 cups milk
- ☐ 9 tablespoons sugar

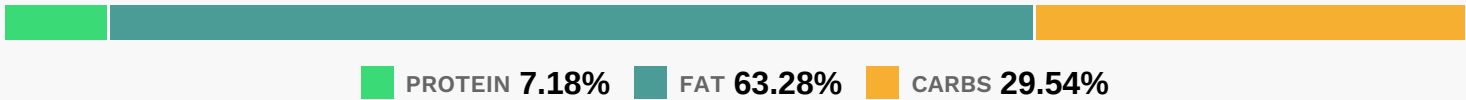
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In a bowl, whisk the egg yolks, sugar, flour and cornstarch. In a saucepan, bring the milk and cream to a simmer; whisk 1/2 cup of the mixture into the eggs, then whisk the egg-milk mixture into the saucepan. Cook the pastry cream over low heat, whisking constantly, until thick, 2 minutes. Off the heat, whisk in the dark chocolate until melted.
- ☐ Transfer to a bowl, cover with plastic wrap and refrigerate until cool, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:3.69, Inflammation Score:-2, Nutrition Score:3.3617391385462%

Nutrients (% of daily need)

Calories: 120.92kcal (6.05%), Fat: 8.59g (13.22%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.22g (2.99%), Sugar: 6.72g (7.46%), Cholesterol: 53.65mg (17.88%), Sodium: 14.36mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.83mg (1.94%), Protein: 2.19g (4.38%), Manganese: 0.15mg (7.4%), Copper: 0.13mg (6.7%), Phosphorus: 65mg (6.5%), Iron: 1mg (5.54%), Magnesium: 20.24mg (5.06%), Vitamin A: 245.39IU (4.91%), Selenium: 3.4µg (4.86%), Vitamin B2: 0.08mg (4.53%), Calcium: 43.73mg (4.37%), Vitamin D: 0.6µg (4.01%), Vitamin B12: 0.22µg (3.74%), Fiber: 0.81g (3.23%), Zinc: 0.44mg (2.94%), Potassium: 99.13mg (2.83%), Vitamin B5: 0.25mg (2.48%), Vitamin B1: 0.03mg (1.73%), Vitamin E: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.62%), Folate: 6.37µg (1.59%)