



Citrus-Infused Custard Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 2 large eggs
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 inch lemon zest with a vegetable peeler
- ☐ 4 inch orange zest with a vegetable peeler
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 1 cup milk whole

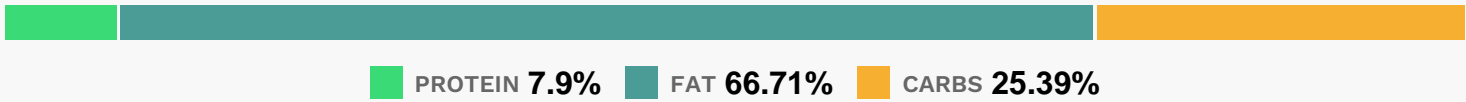
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Bring milk and cream to a simmer with citrus zests in a 2-quart heavy saucepan over medium-low heat.
- ☐ Whisk together eggs, sugar, and salt in a medium bowl, then whisk in hot cream mixture.
- ☐ Return mixture to pan and cook over medium-low heat, stirring constantly with a wooden spoon, until custard is thick enough to coat back of spoon (160° to 165°F on an instant read thermometer), about 2 minutes.
- ☐ Immediately remove pan from heat and strain custard through a fine sieve into a bowl, discarding zests.
- ☐ Serve warm, or at room temperature, or chill to thicken.
- ☐ •Custard keeps, chilled, 3 days. •If your sauce creeps up above 165°F and looks like it's beginning to curdle, quickly remove from heat and whisk in 2 tablespoons cold milk, then strain.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:6.36, Inflammation Score:-3, Nutrition Score:3.6108695411164%

Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 12.94g (19.9%), Saturated Fat: 7.8g (48.76%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.88g (3.96%), Sugar: 10.73g (11.92%), Cholesterol: 83.78mg (27.93%), Sodium: 42.38mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin A: 559.89IU (11.2%), Vitamin B2: 0.16mg

(9.32%), Selenium: 5.38µg (7.68%), Phosphorus: 73.15mg (7.32%), Vitamin D: 1.06µg (7.08%), Calcium: 67.13mg (6.71%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.39mg (3.9%), Vitamin C: 2.72mg (3.3%), Vitamin E: 0.43mg (2.83%), Potassium: 95.14mg (2.72%), Vitamin B6: 0.05mg (2.68%), Zinc: 0.36mg (2.42%), Vitamin B1: 0.03mg (2%), Magnesium: 7.62mg (1.9%), Folate: 7.53µg (1.88%), Iron: 0.27mg (1.49%), Vitamin K: 1.08µg (1.03%)