

Clementine custard



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 200 ml double cream
- ☐ 700 ml milk whole
- ☐ 4 large egg yolk
- ☐ 3 tbsp cornstarch
- ☐ 200 g sugar
- ☐ 3 optional: lemon

Equipment

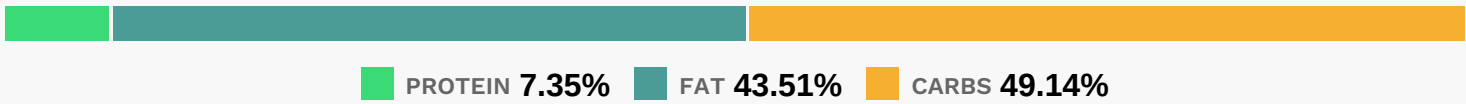
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Put the cream and milk into a large pan and gently bring to just below boiling point. Meanwhile, in a large bowl, whisk together the yolks, cornflour, sugar, clementine zest and juice. Gradually pour on the hot milk mixture, whisking the sugar mixture constantly.
- ☐ Wipe out the saucepan and pour the custard mixture back into it.
- ☐ Heat gently, stirring with a wooden spoon, until the custard is thickened, coating the spoon. Eat hot or cold.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:19.73, Inflammation Score:-5, Nutrition Score:7.4534782896871%

Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 286.45kcal (14.32%), Fat: 14.42g (22.19%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 35.49g (12.9%), Sugar: 31.09g (34.54%), Cholesterol: 131.05mg (43.68%), Sodium: 46.49mg (2.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin C: 21.62mg (26.2%), Calcium: 149.4mg (14.94%), Phosphorus: 145.75mg (14.58%), Vitamin B2: 0.23mg (13.5%), Vitamin A: 647.36IU (12.95%), Vitamin D: 1.85µg (12.36%), Vitamin B12: 0.69µg (11.55%), Selenium: 7.63µg (10.89%), Vitamin B5: 0.73mg (7.32%), Potassium: 225mg (6.43%), Vitamin B6: 0.13mg (6.3%), Vitamin B1: 0.09mg (5.78%), Fiber: 1.16g (4.64%), Folate: 17.87µg (4.47%), Zinc: 0.65mg (4.36%), Magnesium: 16.34mg (4.09%), Vitamin E: 0.56mg (3.71%), Iron: 0.53mg (2.93%), Copper: 0.03mg (1.42%), Manganese: 0.02mg (1.16%), Vitamin K: 1.13µg (1.08%)