



Coconut Cream Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 14 ounce coconut milk canned
- ☐ 0.3 cup cornstarch
- ☐ 6 egg yolks
- ☐ 2 cups milk
- ☐ 1 cup sugar

Equipment

- ☐ frying pan
- ☐ sauce pan

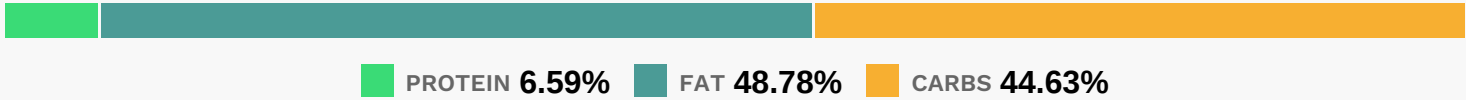
☐

whisk

Directions

- ☐ Whisk together all ingredients in a heavy saucepan. Bring to a boil over medium heat, whisking constantly; boil, whisking constantly, 1 minute or until thickened.
- ☐ Remove from heat.
- ☐ Place pan in ice water; whisk custard occasionally until cool.
- ☐ Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:37.07, Inflammation Score:-4, Nutrition Score:14.865217442098%

Nutrients (% of daily need)

Calories: 621.49kcal (31.07%), Fat: 34.84g (53.6%), Saturated Fat: 25.78g (161.15%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 69.42g (25.24%), Sugar: 59.23g (65.81%), Cholesterol: 306.24mg (102.08%), Sodium: 75.66mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.19%), Manganese: 0.94mg (46.81%), Selenium: 24.19µg (34.56%), Phosphorus: 329.13mg (32.91%), Calcium: 201.48mg (20.15%), Vitamin B12: 1.19µg (19.75%), Vitamin B2: 0.32mg (18.85%), Vitamin D: 2.8µg (18.67%), Copper: 0.29mg (14.74%), Vitamin B5: 1.44mg (14.44%), Folate: 55.3µg (13.82%), Potassium: 474.71mg (13.56%), Iron: 2.44mg (13.55%), Magnesium: 53.02mg (13.26%), Zinc: 1.8mg (11.98%), Vitamin A: 586.98IU (11.74%), Vitamin B6: 0.2mg (10.08%), Vitamin B1: 0.14mg (9.44%), Fiber: 2.28g (9.12%), Vitamin E: 0.91mg (6.04%), Vitamin B3: 0.89mg (4.44%), Vitamin C: 2.78mg (3.37%)