

Coconut Custard



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

110 kcal

DESSERT

Ingredients



2 teaspoons malibu coconut rum



3 tablespoons cornstarch



4 large egg yolks



0.3 cup granulated sugar



0.8 cup coconut milk unsweetened



0.5 vanilla pod



0.5 teaspoon vanilla extract pure



0.8 cup milk whole

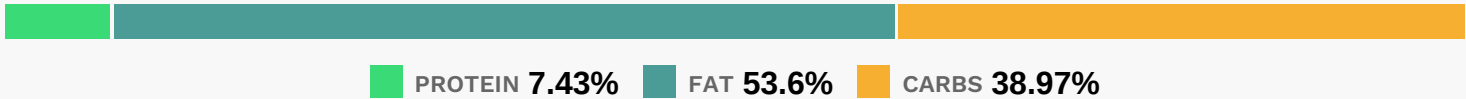
Equipment

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

Directions

- ☐ Combine the milk, coconut milk and vanilla bean and seeds in a medium nonreactive saucepan; bring to a simmer over low heat.
- ☐ Whisk the egg yolks, sugar and cornstarch together in a large bowl. Slowly whisk the warm milk into the egg mixture. Return the mixture to the pan, set it over medium heat and bring to a boil. Cook, whisking constantly, until thickened. Scrape the mixture into a bowl, remove the vanilla bean and whisk in the rum and vanilla extract.
- ☐ Let the custard cool to room temperature, then cover with plastic wrap and refrigerate until cold, at least 2 hours.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:4.98, Inflammation Score:-1, Nutrition Score:2.9182608250691%

Nutrients (% of daily need)

Calories: 110.25kcal (5.51%), Fat: 6.73g (10.36%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.6g (3.85%), Sugar: 8.2g (9.11%), Cholesterol: 75.64mg (25.21%), Sodium: 13.22mg (0.57%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Protein: 2.1g (4.2%), Manganese: 0.17mg (8.57%), Selenium: 5.38µg (7.68%), Phosphorus: 63.33mg (6.33%), Vitamin B12: 0.23µg (3.86%), Vitamin D: 0.57µg (3.79%), Vitamin B2: 0.06mg (3.68%), Calcium: 34.3mg (3.43%), Folate: 12.81µg (3.2%), Vitamin B5: 0.3mg (3.05%), Copper: 0.06mg (2.76%), Iron: 0.5mg (2.75%), Vitamin A: 127.7IU (2.55%), Potassium: 82.7mg (2.36%), Zinc: 0.35mg (2.36%), Magnesium: 9.29mg (2.32%), Vitamin B6: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.79%), Fiber: 0.42g (1.67%),

Vitamin E: 0.21mg (1.41%)