



Coffee Pastry Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



561 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup cornstarch
- ☐ 2 egg yolks
- ☐ 2 large eggs
- ☐ 2 cups half-and-half
- ☐ 1 tablespoon coffee granules instant
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract

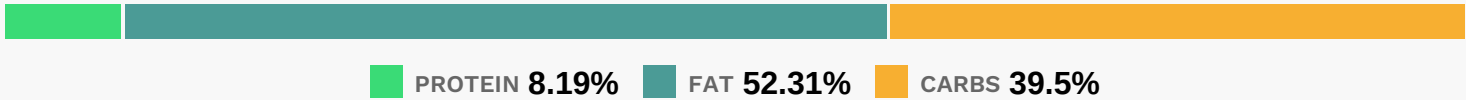
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a 3-quart saucepan. Stir together half-and-half and instant coffee. Gradually whisk into the saucepan. Cook over medium heat, whisking constantly, until mixture comes to a boil. Cook 1 minute or until mixture is thickened and bubbly.
- ☐ Remove from heat; whisk in butter and vanilla. Cover and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:23.27, Inflammation Score:-5, Nutrition Score:10.977826097737%

Nutrients (% of daily need)

Calories: 560.66kcal (28.03%), Fat: 32.6g (50.15%), Saturated Fat: 18.33g (114.58%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 55.26g (20.09%), Sugar: 40.46g (44.96%), Cholesterol: 330.13mg (110.04%), Sodium: 213.99mg (9.3%), Alcohol: 0.92g (100%), Alcohol %: 0.43% (100%), Caffeine: 52.33mg (17.44%), Protein: 11.48g (22.96%), Selenium: 23.02µg (32.88%), Vitamin B2: 0.54mg (31.88%), Phosphorus: 275.37mg (27.54%), Vitamin A: 1157.4IU (23.15%), Calcium: 212.27mg (21.23%), Vitamin B12: 0.85µg (14.22%), Vitamin B5: 1.35mg (13.49%), Potassium: 338.32mg (9.67%), Folate: 38.31µg (9.58%), Zinc: 1.36mg (9.09%), Vitamin B6: 0.18mg (9.04%), Vitamin D: 1.31µg (8.76%), Vitamin E: 1.28mg (8.53%), Magnesium: 27.12mg (6.78%), Iron: 1.15mg (6.41%), Vitamin B1: 0.08mg (5.58%), Vitamin B3: 0.69mg (3.44%), Copper: 0.06mg (3.07%), Manganese: 0.06mg (3.05%), Vitamin K: 2.97µg (2.83%), Vitamin C: 1.45mg (1.76%)