



Cream Cheese Custard Filling

 Vegetarian

READY IN



440 min.

SERVINGS



20

CALORIES



100 kcal

DESSERT

Ingredients

- 8 oz cream cheese cubed softened
- 3 large eggs
- 0.3 cup flour all-purpose
- 1.5 cups milk
- 0.8 cup sugar
- 1 tablespoon vanilla extract

Equipment

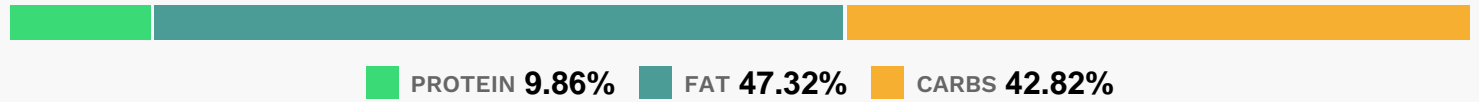
- sauce pan

- whisk
- plastic wrap

Directions

- Whisk together first 2 ingredients in a heavy saucepan; whisk in eggs and milk until smooth. Cook over medium heat, whisking constantly, 8 to 10 minutes or until mixture reaches a chilled pudding-like thickness. Bring to a boil, whisking constantly; boil, whisking constantly, 1 minute.
- Remove from heat, and whisk in cream cheese and vanilla until cheese melts. Cool to room temperature (about 1 hour).
- Place plastic wrap directly on mixture (to prevent a film from forming), and chill 6 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:6.88, Inflammation Score:-1, Nutrition Score:2.1243478331877%

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 5.24g (8.07%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.62g (3.86%), Sugar: 8.91g (9.9%), Cholesterol: 41.55mg (13.85%), Sodium: 53.39mg (2.32%), Alcohol: 0.22g (100%), Alcohol %: 0.6% (100%), Protein: 2.46g (4.92%), Selenium: 4.38µg (6.25%), Vitamin B2: 0.1mg (5.76%), Phosphorus: 47.76mg (4.78%), Vitamin A: 222.44IU (4.45%), Calcium: 38.17mg (3.82%), Vitamin B12: 0.19µg (3.18%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.35µg (2.34%), Vitamin B1: 0.03mg (2.15%), Folate: 8.36µg (2.09%), Zinc: 0.24mg (1.63%), Potassium: 56.11mg (1.6%), Vitamin B6: 0.03mg (1.57%), Iron: 0.24mg (1.36%), Vitamin E: 0.19mg (1.24%), Magnesium: 4.65mg (1.16%)