



Creamy Custard Pilling

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract

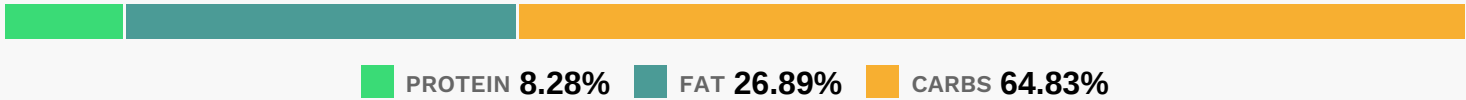
Equipment

- ☐ sauce pan

Directions

- ☐ Combine flour, cornstarch, sugar, and salt in a heavy saucepan; gradually stir – in milk. Cook over medium heat, stirring constantly, until thick and bubbly.
- ☐ Beat egg yolk until thick and lemon colored. Gradually stir in one-fourth of the hot mixture into yolk; add to remaining hot mixture, stirring constantly.
- ☐ Cook over med urn heat, stirring constantly, about 2 minutes or until thickened. Stir in vanilla and butter; cool. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:13.75, Inflammation Score:-1, Nutrition Score:3.1521739162829%

Nutrients (% of daily need)

Calories: 139.41kcal (6.97%), Fat: 4.22g (6.5%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 22.84g (8.31%), Sugar: 19.63g (21.81%), Cholesterol: 55.92mg (18.64%), Sodium: 182.88mg (7.95%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 2.93g (5.85%), Calcium: 81.82mg (8.18%), Phosphorus: 81.75mg (8.17%), Vitamin B2: 0.12mg (7.12%), Vitamin B12: 0.42µg (6.97%), Selenium: 4.47µg (6.39%), Vitamin D: 0.91µg (6.09%), Vitamin A: 208.42IU (4.17%), Vitamin B1: 0.06mg (3.8%), Vitamin B5: 0.37mg (3.71%), Potassium: 99.73mg (2.85%), Vitamin B6: 0.05mg (2.7%), Folate: 10.01µg (2.5%), Zinc: 0.37mg (2.47%), Magnesium: 8.09mg (2.02%), Iron: 0.23mg (1.27%), Vitamin E: 0.19mg (1.24%), Manganese: 0.02mg (1.02%)