



Custard

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 6 egg yolks lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 5 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 tablespoon vanilla extract dark

Equipment

- ☐ sauce pan

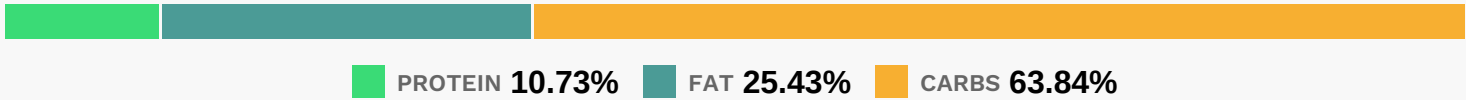
☐

whisk

Directions

- ☐
- Combine first 3 ingredients in a large heavy saucepan; whisk in milk. Cook over medium heat, stirring constantly, until thickened and bubbly. Gradually stir about one-fourth of hot mixture into egg yolks; add to remaining hot mixture, stirring constantly. Cook over medium heat, stirring constantly, 3 minutes.
- ☐
- Remove from heat; add vanilla. Cool to room temperature. Assemble trifle, or cover and chill custard until ready for assembly.

Nutrition Facts



Properties

Glycemic Index:36.62, Glycemic Load:50.76, Inflammation Score:-5, Nutrition Score:14.230869453886%

Nutrients (% of daily need)

Calories: 489.44kcal (24.47%), Fat: 13.87g (21.33%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 78.34g (26.11%), Net Carbohydrates: 77.89g (28.32%), Sugar: 65.46g (72.73%), Cholesterol: 262.56mg (87.52%), Sodium: 336.74mg (14.64%), Alcohol: 0.89g (100%), Alcohol %: 0.33% (100%), Protein: 13.16g (26.32%), Phosphorus: 348.84mg (34.88%), Calcium: 331.45mg (33.14%), Selenium: 22.7µg (32.43%), Vitamin B2: 0.55mg (32.1%), Vitamin B12: 1.74µg (28.98%), Vitamin D: 3.85µg (25.67%), Vitamin B1: 0.31mg (20.39%), Vitamin B5: 1.63mg (16.3%), Folate: 62.04µg (15.51%), Vitamin A: 706.75IU (14.14%), Potassium: 412.34mg (11.78%), Vitamin B6: 0.23mg (11.62%), Zinc: 1.62mg (10.82%), Magnesium: 34.34mg (8.59%), Iron: 1.39mg (7.75%), Manganese: 0.14mg (7.2%), Vitamin B3: 1.26mg (6.28%), Vitamin E: 0.69mg (4.6%), Copper: 0.05mg (2.44%), Fiber: 0.45g (1.8%)