



Custard Berry Parfaits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



126 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 4 teaspoons cornstarch
- 0.3 teaspoon salt
- 1.7 cups milk 1%
- 2 egg yolk lightly beaten
- 0.8 teaspoon vanilla extract
- 3 cups berries mixed fresh

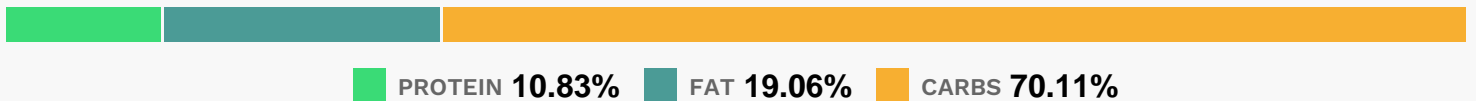
Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap

Directions

- In a small saucepan, combine the sugar, cornstarch and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.
- Remove from the heat.
- Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer.
- Remove from the heat.
- Gently stir in vanilla. Cool to room temperature without stirring.
- Transfer to a bowl; press plastic wrap onto surface of custard. Refrigerate for at least 1 hour.
- Just before serving, spoon 1/4 cup of berries into each parfait glass; top with 2 tablespoons of custard. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:5.82, Inflammation Score:-3, Nutrition Score:5.4139130270999%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 125.64kcal (6.28%), Fat: 2.74g (4.21%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.55g (7.47%), Sugar: 18.21g (20.24%), Cholesterol: 68.08mg (22.69%), Sodium: 126.36mg (5.49%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 3.5g (7%), Vitamin K: 12.82µg (12.21%), Phosphorus: 99.65mg (9.97%), Calcium: 96.76mg (9.68%), Vitamin B2: 0.15mg (9.07%), Vitamin B12: 0.52µg (8.61%), Fiber: 2.1g (8.42%), Selenium: 4.9µg (7%), Vitamin D: 1.05µg (6.97%), Manganese: 0.12mg (6.08%), Vitamin B6: 0.11mg (5.31%), Vitamin B5: 0.51mg (5.13%), Vitamin A: 250.66IU (5.01%), Vitamin B1: 0.07mg (4.85%), Potassium: 153.59mg (4.39%), Folate: 15.5µg (3.87%), Vitamin E: 0.54mg (3.6%), Zinc: 0.48mg (3.18%), Magnesium: 12.14mg (3.04%), Vitamin B3: 0.48mg (2.4%), Vitamin C: 1.94mg (2.35%), Iron: 0.32mg (1.75%), Copper: 0.03mg (1.63%)