



Custard Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



334 kcal

DESSERT

Ingredients

- 3 egg yolks
- 2 cups milk
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 1 cup whipping cream

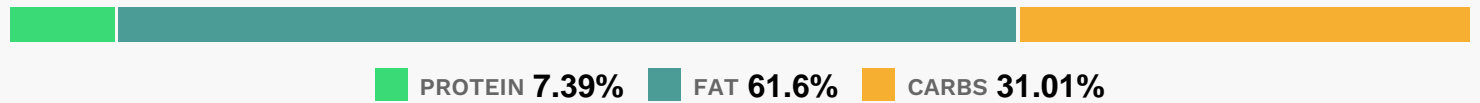
Equipment

- double boiler

Directions

- Combine egg yolks and sugar in top of a double boiler, beating well. Gradually add scalded milk, stirring constantly. Cook over boiling water, stirring constantly with a metal spoon, 20 minutes or until mixture coats the spoon.
- Remove from heat; cool to room temperature. Chill thoroughly.
- Beat whipping cream until soft peaks form. Fold into chilled custard mixture; fold in vanilla. Cover and refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:21.62, Glycemic Load:15.69, Inflammation Score:-5, Nutrition Score:7.1173913673214%

Nutrients (% of daily need)

Calories: 334.48kcal (16.72%), Fat: 23.23g (35.74%), Saturated Fat: 13.79g (86.22%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 26.32g (9.57%), Sugar: 26.21g (29.12%), Cholesterol: 182.14mg (60.71%), Sodium: 55.4mg (2.41%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 6.27g (12.54%), Vitamin A: 1013.57IU (20.27%), Phosphorus: 168.35mg (16.84%), Vitamin B2: 0.29mg (16.81%), Calcium: 165.68mg (16.57%), Vitamin D: 2.42µg (16.12%), Vitamin B12: 0.81µg (13.56%), Selenium: 9.45µg (13.5%), Vitamin B5: 0.81mg (8.09%), Potassium: 204.98mg (5.86%), Vitamin B6: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.77mg (5.1%), Zinc: 0.77mg (5.1%), Folate: 17.67µg (4.42%), Magnesium: 15.68mg (3.92%), Iron: 0.35mg (1.96%), Vitamin K: 1.89µg (1.8%)