

Custard Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



21

CALORIES



151 kcal

DESSERT

Ingredients

- 6 eggs beaten
- 8 cups milk
- 2 cups sugar
- 2 tablespoons vanilla extract

Equipment

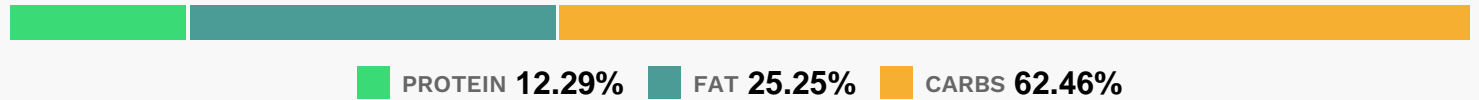
- bowl
- frying pan
- sauce pan

plastic wrap

Directions

- In a heavy saucepan over low heat, cook and stir milk and sugar until sugar is dissolved.
- Remove from the heat. Stir in a small amount of hot milk mixture into eggs; return all to the pan, stirring constantly. Cook and stir until mixture reaches 160° or is thick enough to coat a metal spoon.
- Remove from the heat; stir in vanilla. Cool to room temperature, stirring several times.
- Transfer to a bowl; press a piece of waxed paper or plastic wrap on top of custard. Refrigerate.
- Serve over gingerbread or pound cake.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:14.95, Inflammation Score:-1, Nutrition Score:4.2182608505954%

Nutrients (% of daily need)

Calories: 150.65kcal (7.53%), Fat: 4.23g (6.51%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 23.56g (8.57%), Sugar: 23.68g (26.32%), Cholesterol: 57.92mg (19.31%), Sodium: 53.48mg (2.33%), Alcohol: 0.43g (100%), Alcohol %: 0.43% (100%), Protein: 4.63g (9.27%), Calcium: 121.7mg (12.17%), Phosphorus: 118.85mg (11.88%), Vitamin B2: 0.19mg (11.21%), Vitamin B12: 0.61µg (10.23%), Vitamin D: 1.27µg (8.49%), Selenium: 5.74µg (8.2%), Vitamin B5: 0.54mg (5.4%), Potassium: 158.99mg (4.54%), Vitamin A: 218.47IU (4.37%), Vitamin B6: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.81%), Zinc: 0.55mg (3.64%), Magnesium: 12.81mg (3.2%), Folate: 5.91µg (1.48%), Iron: 0.23mg (1.28%), Vitamin E: 0.18mg (1.19%)