



Custard with Whipped Cream and Blackberries

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 1 cup blackberries fresh
- ☐ 2 large egg yolks
- ☐ 2.8 tablespoons flour all-purpose
- ☐ 6 tablespoons granulated sugar
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar canned (you can use a little less if you like)
- ☐ 1 teaspoon butter unsalted
- ☐ 0.5 teaspoon vanilla extract

☐ 0.5 cup whipping cream

Equipment

☐ sauce pan

☐ whisk

☐ hand mixer

Directions

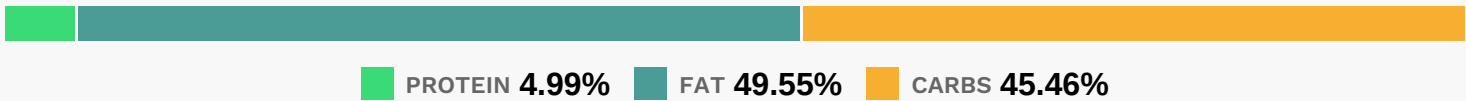
☐ Combine first 3 ingredients in a heavy saucepan not set over heat; whisk in egg yolks and whisk in about 1/3 cup of the milk. Set over medium heat and gradually whisk in the remaining milk, whisking constantly until thickened — original recipe said 5 to 7 minutes, but mine thickened in about 3 since it was a half batch.

☐ Remove from heat.

☐ Whisk in vanilla and butter. Divide evenly among 2 or 3 wine glasses; cool. Cover and chill 2 hours or until ready to serve.Before serving, beat whipping cream at medium speed with an electric mixer until foamy; gradually add sugar, beating until soft peaks form.

☐ Spread over custard. Top with fresh blackberries.

Nutrition Facts



Properties

Glycemic Index:80.06, Glycemic Load:23.86, Inflammation Score:-6, Nutrition Score:8.0178261010543%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 338.7kcal (16.93%), Fat: 19.07g (29.33%), Saturated Fat: 11.08g (69.25%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 36.64g (13.32%), Sugar: 31.61g (35.12%), Cholesterol: 170.81mg (56.94%), Sodium: 30.21mg (1.31%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 4.32g (8.64%), Manganese: 0.37mg (18.32%), Vitamin A: 890.9IU (17.82%), Selenium: 10.24µg (14.63%), Vitamin C: 10.32mg (12.51%), Vitamin B2: 0.19mg (11.02%), Fiber: 2.73g (10.92%), Folate: 42.76µg (10.69%), Vitamin K: 10.99µg (10.47%), Phosphorus: 85.63mg (8.56%), Vitamin D: 1.27µg (8.48%), Vitamin E: 1.26mg (8.41%), Vitamin B1: 0.09mg (6.11%), Vitamin B5: 0.6mg (6.05%), Calcium: 56.51mg (5.65%), Iron: 0.98mg (5.45%), Copper: 0.1mg (5.25%), Vitamin B12: 0.29µg (4.79%), Zinc: 0.66mg (4.42%), Potassium: 137.1mg (3.92%), Vitamin B3: 0.75mg (3.74%), Magnesium: 14.57mg (3.64%), Vitamin B6: 0.07mg (3.56%)