



## Easy Boiled Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

### Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 3 eggs separated
- ☐ 4 cups milk divided
- ☐ 1 Dash salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

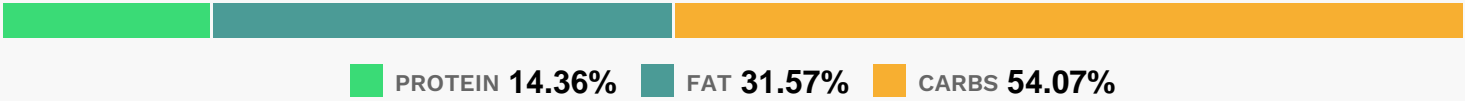
### Equipment

- ☐ bowl
- ☐ double boiler

# Directions

- ☐ Combine 1 cup milk and cornstarch in top of a double boiler, stirring until well blended.
- ☐ Add remaining 3 cups milk and sweetened condensed milk; stir well. Cook over boiling water, stirring constantly, until mixture thickens and is smooth.
- ☐ Beat egg yolks slightly. Gradually stir one-fourth of hot milk mixture into yolks; add to remaining hot milk mixture, stirring constantly. Cook over boiling water, stirring constantly with a metal spoon, until mixture thickens and coats the spoon.
- ☐ Remove from heat, and stir in vanilla and salt. Set custard aside and let cool to room temperature.
- ☐ Beat egg whites (at room temperature) until stiff peaks form. Gently fold egg whites into cooled custard mixture; chill thoroughly. Spoon custard into individual serving bowls to serve.

## Nutrition Facts



## Properties

Glycemic Index:8.25, Glycemic Load:12.42, Inflammation Score:-2, Nutrition Score:6.0360869894857%

## Nutrients (% of daily need)

Calories: 185.21kcal (9.26%), Fat: 6.53g (10.04%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 25.13g (9.14%), Sugar: 21.99g (24.43%), Cholesterol: 61.93mg (20.64%), Sodium: 92.11mg (4%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 6.68g (13.36%), Calcium: 200.24mg (20.02%), Phosphorus: 188.09mg (18.81%), Vitamin B2: 0.3mg (17.67%), Selenium: 9.92µg (14.17%), Vitamin B12: 0.68µg (11.38%), Vitamin D: 1.18µg (7.87%), Potassium: 260.49mg (7.44%), Vitamin B5: 0.72mg (7.2%), Vitamin A: 279.47IU (5.59%), Vitamin B1: 0.08mg (5.32%), Zinc: 0.79mg (5.26%), Magnesium: 19.83mg (4.96%), Vitamin B6: 0.09mg (4.26%), Folate: 8.81µg (2.2%), Iron: 0.27mg (1.51%), Vitamin E: 0.21mg (1.39%), Vitamin C: 0.86mg (1.04%)