



Egg Custard Filling



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup cornstarch
- ☐ 2 egg yolks
- ☐ 1 cup milk
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

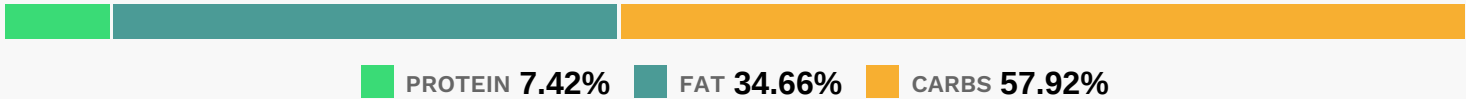
- ☐ bowl

- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler

Directions

- ☐ Combine sugar, cornstarch, egg yolks, and milk in top of a double boiler; stir well with a whisk. Cook over simmering water 8 to 10 minutes or until thickened, whisking constantly.
- ☐ Remove from heat; whisk in butter and vanilla.
- ☐ Pour custard into a bowl; place plastic wrap directly on top of custard to prevent a skin from forming. Chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:31.62, Glycemic Load:10.17, Inflammation Score:-1, Nutrition Score:3.0721739174231%

Nutrients (% of daily need)

Calories: 150.56kcal (7.53%), Fat: 5.79g (8.9%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 21.7g (7.89%), Sugar: 15.8g (17.55%), Cholesterol: 89.64mg (29.88%), Sodium: 40.79mg (1.77%), Alcohol: 0.28g (100%), Alcohol %: 0.44% (100%), Protein: 2.79g (5.57%), Phosphorus: 78.92mg (7.89%), Selenium: 5.25µg (7.49%), Calcium: 70.33mg (7.03%), Vitamin B12: 0.41µg (6.81%), Vitamin B2: 0.11mg (6.45%), Vitamin D: 0.93µg (6.17%), Vitamin A: 252.85IU (5.06%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.06mg (2.76%), Vitamin B1: 0.04mg (2.68%), Folate: 10.6µg (2.65%), Zinc: 0.37mg (2.5%), Potassium: 83.36mg (2.38%), Vitamin E: 0.28mg (1.83%), Magnesium: 6.56mg (1.64%), Iron: 0.23mg (1.3%)