



## Fresh Fruit Salad with Creamy Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 quart blackberries
- 0.5 quart blueberries
- 6 large egg yolks
- 8 servings place fruit into a bowl and toss together
- 6 kiwis peeled chopped
- 2 mangoes cored ripe peeled sliced
- 1 melon cored peeled chopped
- 1 quart strawberries hulled quartered

- 0.7 cup sugar
- 2 tablespoons butter unsalted softened
- 0.5 teaspoon vanilla extract
- 1.5 cups milk whole

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a medium saucepan over medium heat, whisk milk and sugar constantly.
- In a medium bowl, whisk together the egg yolks. Slowly incorporate the hot milk into the egg mixture. Return the mixture to the saucepan.
- Heat the custard over low heat about 5 minutes or until thickened slightly, stirring constantly. (It should be thick enough to coat the back of a spoon. Do not let the mixture come to a simmer or the eggs will curdle.)
- Remove from heat and melt the butter into custard.
- Add vanilla. Immediately strain the custard into a small bowl.
- Place in refrigerator to cool.
- Drizzle over fruit and serve.

## Nutrition Facts



**PROTEIN 7.23%** **FAT 18.98%** **CARBS 73.79%**

## Properties

Glycemic Index:45.69, Glycemic Load:26.82, Inflammation Score:-9, Nutrition Score:27.197825970857%

## Flavonoids

Cyanidin: 125.28mg, Cyanidin: 125.28mg, Cyanidin: 125.28mg, Cyanidin: 125.28mg Petunidin: 18.78mg, Petunidin: 18.78mg, Petunidin: 18.78mg Delphinidin: 21.33mg, Delphinidin: 21.33mg, Delphinidin: 21.33mg

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## Nutrients (% of daily need)

Calories: 419.13kcal (20.96%), Fat: 9.48g (14.59%), Saturated Fat: 4g (24.98%), Carbohydrates: 82.94g (27.65%), Net Carbohydrates: 68.11g (24.77%), Sugar: 62.95g (69.94%), Cholesterol: 150.71mg (50.24%), Sodium: 36.91mg (1.6%), Alcohol: 0.09g (100%), Alcohol %: 0.02% (100%), Protein: 8.13g (16.25%), Vitamin C: 172.58mg (209.19%), Manganese: 1.56mg (78.06%), Vitamin K: 73.04µg (69.56%), Fiber: 14.83g (59.31%), Vitamin A: 1626.13IU (32.52%), Folate: 122.64µg (30.66%), Copper: 0.54mg (26.78%), Vitamin E: 3.85mg (25.67%), Potassium: 829.99mg (23.71%), Phosphorus: 203mg (20.3%), Magnesium: 70.84mg (17.71%), Calcium: 166.06mg (16.61%), Vitamin B2: 0.28mg (16.54%), Vitamin B6: 0.32mg (15.84%), Vitamin B5: 1.38mg (13.79%), Selenium: 9.6µg (13.71%), Iron: 2.36mg (13.09%), Vitamin B3: 2.59mg (12.93%), Vitamin B1: 0.17mg (11.29%), Zinc: 1.62mg (10.81%), Vitamin B12: 0.5µg (8.36%), Vitamin D: 1.24µg (8.3%)