

Low-Fat Custard



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



33 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg & 1 egg yolk
- ☐ 1.5 cups milk 2%
- ☐ 3 tablespoons sugar

Equipment

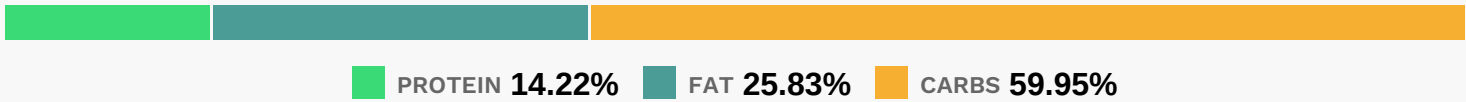
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

☐ pot

Directions

- ☐ Heat milk to simmer in a small pot. In a medium bowl, whisk together sugar and cornstarch.
- ☐ Add egg and yolk; whisk to blend.
- ☐ Slowly pour hot milk into egg mixture, whisking constantly. Return milk mixture to saucepan.
- ☐ Whisking constantly, heat over medium until sauce thickens and boils (about 5 minutes).
- ☐ Pour into another bowl to stop cooking. Chill, stirring occasionally (about 4 hours).

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:1.1373913043543%

Nutrients (% of daily need)

Calories: 33.4kcal (1.67%), Fat: 0.97g (1.49%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.49g (4.99%), Cholesterol: 17.66mg (5.89%), Sodium: 14.64mg (0.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Calcium: 37.27mg (3.73%), Vitamin B2: 0.06mg (3.68%), Phosphorus: 32.75mg (3.28%), Vitamin B12: 0.18µg (3.07%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.15mg (1.47%), Potassium: 42.92mg (1.23%), Zinc: 0.17mg (1.17%), Vitamin A: 50.52IU (1.01%)