



Milk Tart

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 2 eggs beaten
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 cups milk

- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

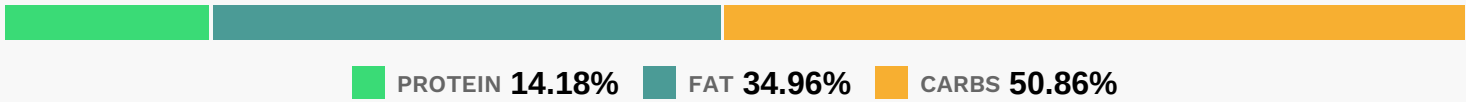
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl, cream together 1/2 cup butter or margarine and 1 cup sugar.
- ☐ Add 1 egg and beat until mixture is smooth. In a separate bowl, mix together 2 cups flour, baking powder, and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans.
- ☐ Bake in preheated oven for 10 to 15 minutes, until golden brown.
- ☐ In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, then remove from burner.
- ☐ In a separate bowl, mix together 2 1/2 tablespoons flour, cornstarch, and 1/2 cup sugar.
- ☐ Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir 5 minutes.
- ☐ Pour half of mixture into each pastry shell.
- ☐ Sprinkle with cinnamon. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:3.184782638498%

Nutrients (% of daily need)

Calories: 88.9kcal (4.45%), Fat: 3.48g (5.35%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.31g (4.11%), Sugar: 9.24g (10.27%), Cholesterol: 39.89mg (13.3%), Sodium: 96.17mg (4.18%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.17g (6.35%), Calcium: 110.16mg (11.02%), Phosphorus: 90.59mg (9.06%), Vitamin B2: 0.13mg (7.61%), Vitamin B12: 0.4µg (6.74%), Selenium: 4.17µg (5.96%), Vitamin D: 0.84µg (5.57%), Vitamin B5: 0.36mg (3.6%), Vitamin A: 165.42IU (3.31%), Vitamin B1: 0.05mg (3.12%), Potassium: 105.25mg (3.01%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.37mg (2.46%), Magnesium: 8.83mg (2.21%), Folate: 6.05µg (1.51%), Iron: 0.27mg (1.49%), Manganese: 0.03mg (1.26%)