



## Natilla: Creamy Custard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

DESSERT

### Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.3 cup cornstarch dissolved in 1/4 cup water
- ☐ 8 egg yolks
- ☐ 1.3 cups granulated sugar
- ☐ 6 servings ground cinnamon for garnish
- ☐ 1 strip lemon zest
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract pure

☐ 4 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In a large saucepan, combine the milk with the lemon zest, cinnamon stick and salt and bring to a simmer. In a large heatproof bowl, using a handheld electric mixer, beat the granulated sugar with the egg yolks at medium speed until they are pale, about 4 minutes. Beat in the cornstarch slurry. At low speed, gradually beat in half of the hot milk.
- ☐ Pour the egg-and-milk mixture into the saucepan and cook the custard over moderate heat, whisking constantly for 18 minutes, until very thick.
- ☐ Whisk in the vanilla.
- ☐ Transfer the custard to a large bowl and discard the cinnamon stick and lemon zest. Press a piece of plastic wrap directly onto the surface of the custard and refrigerate until chilled, about 3 hours. Spoon the custard into 6 bowls, sprinkle with ground cinnamon and serve.

Nutrition Facts



Properties

Glycemic Index:19.68, Glycemic Load:32.01, Inflammation Score:-3, Nutrition Score:11.314782614293%

Nutrients (% of daily need)

Calories: 364.07kcal (18.2%), Fat: 11.73g (18.05%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 55.59g (20.21%), Sugar: 49.7g (55.22%), Cholesterol: 278.72mg (92.91%), Sodium: 171.46mg (7.45%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 9.27g (18.55%), Phosphorus: 260.32mg (26.03%), Calcium: 258.03mg (25.8%), Selenium: 17.01µg (24.3%), Manganese: 0.48mg (23.86%), Vitamin B12: 1.35µg (22.44%), Vitamin B2: 0.36mg (21.24%), Vitamin D: 3.09µg (20.57%), Vitamin B5: 1.33mg (13.35%), Vitamin A:

617.39IU (12.35%), Vitamin B6: 0.19mg (9.4%), Vitamin B1: 0.13mg (8.95%), Folate: 35.24µg (8.81%), Zinc: 1.28mg (8.5%), Potassium: 283.83mg (8.11%), Fiber: 1.46g (5.82%), Magnesium: 22.56mg (5.64%), Iron: 0.92mg (5.11%), Vitamin E: 0.76mg (5.08%), Copper: 0.04mg (1.77%), Vitamin K: 1.46µg (1.39%), Vitamin B3: 0.22mg (1.08%)