



Natillas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 0.3 cup cornstarch
- 4 large pasteurized egg whites
- 4 large egg yolks
- 2.8 cups milk fat-free divided
- 1 cup granulated sugar divided
- 8 servings nutmeg freshly grated
- 0.1 teaspoon salt

- 1 vanilla pod split
- 0.3 teaspoon vanilla extract
- 0.3 cup whipping cream

Equipment

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

Directions

- Combine 1 cup milk and egg yolks in a large bowl, stirring well with a whisk; set aside.
- Combine 3/4 cup sugar, cornstarch, and salt in a medium saucepan over medium-high heat; gradually add remaining 1 3/4 cups milk, stirring constantly with a whisk. Stir in whipping cream. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Bring mixture to a boil; cook 1 minute, stirring constantly with a whisk.
- Remove from heat.
- Gradually add half of hot milk mixture to egg yolk mixture, stirring constantly with a whisk. Return milk mixture to pan over medium-high heat; bring to a boil. Cook 1 minute, stirring constantly.
- Remove from heat.
- Add butter to milk mixture; stir until combined.
- Place pan in a large ice-filled bowl for 25 minutes or until custard cools, stirring occasionally. Discard vanilla bean. Spoon custard into a bowl. Cover surface of custard with plastic wrap; chill.
- Place egg whites in a large bowl; beat with an electric mixer at medium speed until foamy.
- Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form. Beat in vanilla. Gently fold 1/2 cup of beaten egg whites into custard.

Spoon 1/2 cup custard into each of 8 bowls or footed glasses; top each serving with 1/4 cup remaining egg white mixture.

Garnish with nutmeg.

Nutrition Facts

PROTEIN 11.31% **FAT 27.68%** **CARBS 61.01%**

Properties

Glycemic Index:27.92, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:5.7330434944319%

Nutrients (% of daily need)

Calories: 222.65kcal (11.13%), Fat: 6.95g (10.69%), Saturated Fat: 3.73g (23.28%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 34.01g (12.37%), Sugar: 30.17g (33.52%), Cholesterol: 105.42mg (35.14%), Sodium: 113.32mg (4.93%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 6.39g (12.78%), Selenium: 10.27µg (14.68%), Vitamin B2: 0.25mg (14.59%), Phosphorus: 135.14mg (13.51%), Calcium: 132.54mg (13.25%), Vitamin B12: 0.68µg (11.38%), Vitamin D: 1.5µg (10.03%), Vitamin A: 436.98IU (8.74%), Vitamin B5: 0.61mg (6.07%), Potassium: 191.98mg (5.49%), Vitamin B1: 0.07mg (4.75%), Zinc: 0.65mg (4.31%), Vitamin B6: 0.09mg (4.26%), Magnesium: 16.69mg (4.17%), Folate: 16.61µg (4.15%), Manganese: 0.07mg (3.53%), Vitamin E: 0.32mg (2.11%), Iron: 0.35mg (1.92%), Copper: 0.04mg (1.86%), Fiber: 0.45g (1.81%)