



## O' South Custard

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



165 kcal

DESSERT

### Ingredients

- 4 large eggs
- 1 qt milk
- 0.3 teaspoon salt
- 1 cup sugar
- 2 teaspoons vanilla extract

### Equipment

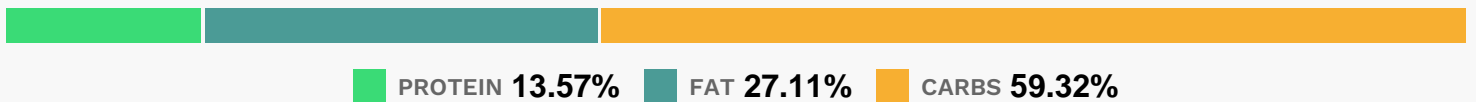
- bowl
- sauce pan

- whisk
- sieve
- plastic wrap
- kitchen thermometer

## Directions

- Cook milk in a heavy nonaluminum saucepan over medium heat, stirring often, 10 minutes or just until it begins to steam. (Do not boil.)
- Remove from heat.
- Whisk together eggs and next 3 ingredients until blended. Gradually whisk 1 cup hot milk into egg mixture; whisk egg mixture into remaining hot milk, stirring constantly.
- Cook over medium heat, stirring constantly, 8 to 10 minutes or until a thermometer registers between 170 and 180
- (Do not boil.)
- Remove from heat, and pour mixture through a fine wire-mesh strainer into a bowl.
- Place heavy-duty plastic wrap directly on warm custard to prevent a film from forming on top, and chill at least 24 hours or up to 3 days.
- Mixture will thicken as it cools.

## Nutrition Facts



## Properties

Glycemic Index:10.81, Glycemic Load:15.64, Inflammation Score:-2, Nutrition Score:4.9521738925706%

## Nutrients (% of daily need)

Calories: 164.69kcal (8.23%), Fat: 4.99g (7.68%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 24.58g (8.94%), Sugar: 24.69g (27.43%), Cholesterol: 85.76mg (28.59%), Sodium: 122.77mg (5.34%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 5.62g (11.25%), Phosphorus: 135.23mg (13.52%), Vitamin B2: 0.23mg (13.33%), Calcium: 127.93mg (12.79%), Selenium: 8.06µg (11.51%), Vitamin B12: 0.69µg (11.48%), Vitamin D: 1.44µg (9.61%), Vitamin B5: 0.66mg (6.6%), Vitamin A: 261.31IU (5.23%), Potassium: 171.15mg (4.89%), Vitamin B6: 0.09mg (4.6%), Zinc: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.07%), Magnesium: 13.85mg (3.46%), Folate: 9.4µg (2.35%), Iron: 0.36mg (2.01%), Vitamin E: 0.26mg (1.72%)