



Old English Cream Pie Filling



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.3 cups cornstarch
- ☐ 3 eggs beaten
- ☐ 2 quarts milk
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 2.3 cups sugar white

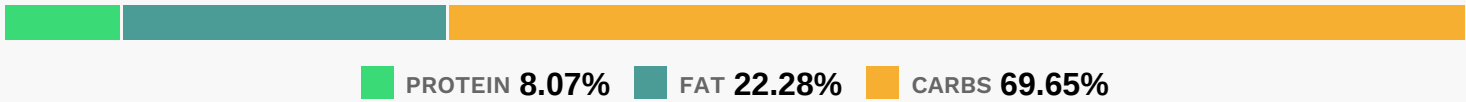
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a sauce pan, combine milk and butter. Bring to a boil. In a medium bowl, combine eggs, sugar, cornstarch and salt. Slowly whisk 1 cup of hot milk mixture into egg mixture. Gradually whisk egg mixture back to remaining milk mixture. Continue to cook, stirring constantly, for 5 minutes.
- ☐ Remove from heat and stir in vanilla. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:17.39, Inflammation Score:-2, Nutrition Score:3.8343478531941%

Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 4.87g (7.49%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 34.16g (12.42%), Sugar: 27.08g (30.09%), Cholesterol: 38.92mg (12.97%), Sodium: 171.59mg (7.46%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 3.97g (7.94%), Calcium: 120.93mg (12.09%), Phosphorus: 110.05mg (11%), Vitamin B2: 0.17mg (9.76%), Vitamin B12: 0.57µg (9.54%), Vitamin D: 1.17µg (7.82%), Selenium: 4.2µg (6%), Vitamin B5: 0.46mg (4.56%), Vitamin A: 223.94IU (4.48%), Potassium: 152.7mg (4.36%), Vitamin B1: 0.06mg (3.72%), Vitamin B6: 0.07mg (3.45%), Zinc: 0.48mg (3.21%), Magnesium: 12.47mg (3.12%)