



Orange Cream Filling

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



647 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 6 tablespoons cornstarch
- 6 egg yolks
- 2 cups half-and-half
- 3 tablespoons orange juice concentrate
- 2 tablespoons orange rind grated
- 0.5 cup sugar
- 1 teaspoon vanilla extract

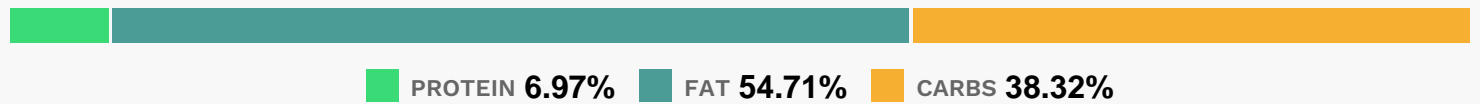
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring first 4 ingredients to a boil in a 3-quart saucepan over medium heat, whisking constantly. Boil, whisking constantly, 1 minute or until thickened.
- Remove from heat; whisk in butter and remaining ingredients until smooth.
- Pour into a bowl; cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:23.27, Inflammation Score:-6, Nutrition Score:14.554347722427%

Nutrients (% of daily need)

Calories: 646.54kcal (32.33%), Fat: 39.61g (60.94%), Saturated Fat: 21.99g (137.42%), Carbohydrates: 62.42g (20.8%), Net Carbohydrates: 61.7g (22.44%), Sugar: 44.7g (49.67%), Cholesterol: 475.37mg (158.46%), Sodium: 208.76mg (9.08%), Alcohol: 0.46g (100%), Alcohol %: 0.21% (100%), Protein: 11.35g (22.7%), Selenium: 26.21µg (37.44%), Vitamin C: 28.33mg (34.34%), Vitamin B2: 0.54mg (32.05%), Phosphorus: 309.05mg (30.9%), Vitamin A: 1512.94IU (30.26%), Calcium: 235.29mg (23.53%), Folate: 70.41µg (17.6%), Vitamin B12: 1.03µg (17.21%), Vitamin B5: 1.66mg (16.61%), Vitamin D: 1.94µg (12.96%), Vitamin B6: 0.25mg (12.65%), Vitamin E: 1.76mg (11.7%), Vitamin B1: 0.16mg (10.54%), Potassium: 360.17mg (10.29%), Zinc: 1.52mg (10.12%), Iron: 1.24mg (6.89%), Magnesium: 24.91mg (6.23%), Copper: 0.07mg (3.3%), Vitamin K: 3.39µg (3.23%), Fiber: 0.72g (2.86%), Manganese: 0.04mg (2.07%), Vitamin B3: 0.39mg (1.97%)