



Orange Custard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 1.8 cups milk 1% low-fat
- ☐ 2 teaspoons butter softened
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup sugar

Equipment

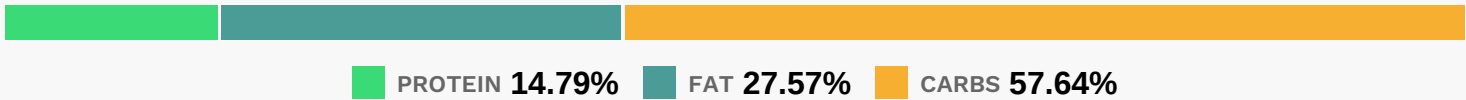
- ☐ whisk

- ☐ plastic wrap
- ☐ double boiler

Directions

- ☐ Combine sugar and cornstarch in top of a double boiler.
- ☐ Add milk and egg, and stir well with a whisk. Cook over simmering water until thick (about 15 minutes); stir constantly.
- ☐ Remove from heat; stir in margarine and rind.
- ☐ Place plastic wrap on surface; cool to room temperature. Chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:2.4282608411234%

Nutrients (% of daily need)

Calories: 68.24kcal (3.41%), Fat: 2.11g (3.25%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.9g (3.6%), Sugar: 8.82g (9.8%), Cholesterol: 25.83mg (8.61%), Sodium: 40.96mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Calcium: 69.41mg (6.94%), Phosphorus: 66.02mg (6.6%), Vitamin B12: 0.37µg (6.2%), Vitamin B2: 0.1mg (6.04%), Vitamin D: 0.69µg (4.62%), Selenium: 3.07µg (4.39%), Vitamin A: 180.7IU (3.61%), Vitamin B5: 0.28mg (2.84%), Potassium: 91.92mg (2.63%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.3mg (2.03%), Magnesium: 7.07mg (1.77%), Folate: 4.06µg (1.01%)