



Orange Custard Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



71 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
- ☐ 8 servings try build-a-meal
- ☐ 0.3 cup sugar

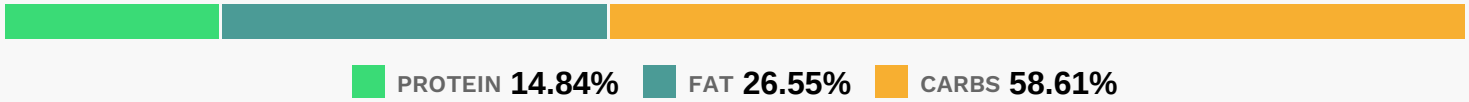
Equipment

- ☐ 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:2.8095651796978%

Nutrients (% of daily need)

Calories: 71.48kcal (3.57%), Fat: 2.14g (3.29%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.36g (3.77%), Sugar: 8.83g (9.81%), Cholesterol: 25.83mg (8.61%), Sodium: 40.97mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Phosphorus: 72.34mg (7.23%), Calcium: 69.97mg (7%), Vitamin B2: 0.11mg (6.22%), Vitamin B12: 0.37µg (6.2%), Selenium: 3.58µg (5.12%), Vitamin D: 0.69µg (4.62%), Vitamin A: 180.81IU (3.62%), Manganese: 0.07mg (3.55%), Vitamin B5: 0.3mg (2.99%), Potassium: 99.22mg (2.83%), Zinc: 0.36mg (2.4%), Magnesium: 9.55mg (2.39%), Vitamin B1: 0.04mg (2.36%), Vitamin B6: 0.05mg (2.31%), Folate: 4.21µg (1.05%), Fiber: 0.26g (1.05%), Iron: 0.18mg (1.02%)