



Pastry Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- 4 teaspoons cornstarch
- 1 large eggs
- 1 cup milk 1% low-fat
- 3 tablespoons sugar
- 0.5 teaspoon vanilla extract

Equipment

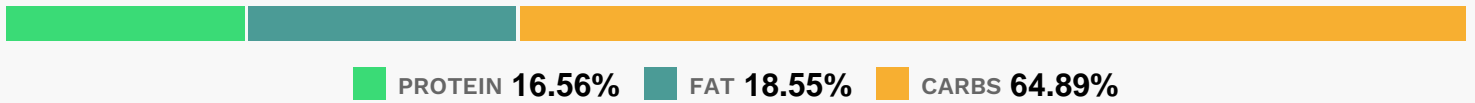
- bowl
- whisk

- plastic wrap
- double boiler

Directions

- Combine all ingredients except vanilla in top of a double boiler; cook over simmering water 8 minutes or until thick, stirring constantly with a whisk.
- Remove from heat; stir in vanilla.
- Pour into a bowl; cover surface of cream with plastic wrap. Chill.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:3.1799999802657%

Nutrients (% of daily need)

Calories: 86.96kcal (4.35%), Fat: 1.78g (2.74%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.02g (13.35%), Cholesterol: 49.45mg (16.48%), Sodium: 41.08mg (1.79%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 3.57g (7.15%), Phosphorus: 85.81mg (8.58%), Vitamin B2: 0.14mg (8.35%), Calcium: 81.53mg (8.15%), Vitamin B12: 0.47µg (7.85%), Selenium: 5.19µg (7.41%), Vitamin D: 0.9µg (5.99%), Vitamin B5: 0.4mg (4.05%), Vitamin A: 183.14IU (3.66%), Potassium: 112.04mg (3.2%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.58%), Magnesium: 8.7mg (2.17%), Folate: 7.05µg (1.76%), Iron: 0.23mg (1.3%)