



Peanut Butter Pastry Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



659 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 egg yolks
- ☐ 2 large eggs
- ☐ 2 cups half-and-half
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract

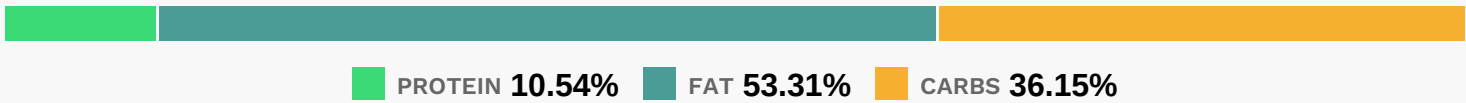
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a 3-quart saucepan. Gradually whisk in half-and-half. Cook over medium heat, whisking constantly, until mixture comes to a boil. Cook 1 minute or until mixture is thickened and bubbly.
- ☐ Remove from heat; whisk in peanut butter and vanilla. Cover and chill 4 hours

Nutrition Facts



Properties

Glycemic Index:28.03, Glycemic Load:23.97, Inflammation Score:-6, Nutrition Score:15.799999910852%

Nutrients (% of daily need)

Calories: 658.99kcal (32.95%), Fat: 39.67g (61.03%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 60.52g (20.17%), Net Carbohydrates: 59.01g (21.46%), Sugar: 43.47g (48.3%), Cholesterol: 310.07mg (103.36%), Sodium: 276.34mg (12.01%), Alcohol: 0.92g (100%), Alcohol %: 0.41% (100%), Protein: 17.65g (35.29%), Phosphorus: 365.26mg (36.53%), Vitamin B2: 0.59mg (34.84%), Selenium: 23.89µg (34.13%), Vitamin E: 3.67mg (24.5%), Manganese: 0.45mg (22.64%), Calcium: 221.73mg (22.17%), Vitamin B3: 4.03mg (20.14%), Vitamin A: 924.16IU (18.48%), Magnesium: 69.93mg (17.48%), Vitamin B5: 1.64mg (16.41%), Folate: 62.68µg (15.67%), Vitamin B6: 0.31mg (15.37%), Vitamin B12: 0.84µg (13.95%), Zinc: 2.08mg (13.85%), Potassium: 438.76mg (12.54%), Copper: 0.18mg (8.98%), Vitamin D: 1.31µg (8.76%), Iron: 1.57mg (8.75%), Vitamin B1: 0.12mg (8.18%), Fiber: 1.5g (6.02%), Vitamin K: 2.37µg (2.25%), Vitamin C: 1.45mg (1.76%)