



Portuguese Cream: Crema di Portogallo



Vegetarian



Gluten Free

READY IN



170 min.

SERVINGS



6

CALORIES



1563 kcal

SIDE DISH

Ingredients

- ☐ 4 blood orange zest juiced
- ☐ 4 tablespoons cornstarch
- ☐ 6 egg yolks
- ☐ 1.5 cups heavy cream
- ☐ 4 lemon zest
- ☐ 3 cups milk
- ☐ 0.5 cup sugar
- ☐ 6 servings caster sugar for sprinkling

- ☐ 8 cups sugar
- ☐ 5 cups water

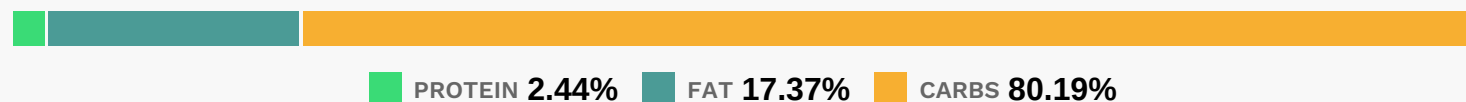
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wire rack

Directions

- ☐ In a large, heavy-bottomed saucepan, combine the yolks, cornstarch, and sugar and mix well with a spoon.
- ☐ Drizzle in the milk and place the pan over medium heat. Cook, stirring constantly 10 to 12 minutes, until a dense cream is formed. Do not allow the mixture to boil.
- ☐ Remove from heat, gently stir in the juice and zest, pour into 6 chilled pudding cups and allow to cool completely in the refrigerator. Whip the cream and top each cup with the whipped cream and the candied zest.
- ☐ In a 2-quart saucepan, combine the sugar and water and bring to a boil, making sure all sugar is dissolved.
- ☐ Remove from heat.
- ☐ In a large saucepan, combine the zest and enough cold water to cover and bring to a boil.
- ☐ Remove the zest, rinse with cold water and repeat the process 2 more times.
- ☐ Place the blanched zest in a saucepan and pour the syrup over the zest, adding an extra inch to cover the zest. Bring to a boil, reduce to a simmer and cook until the zest is translucent and tender.
- ☐ Remove from heat and cool.
- ☐ Drain the syrup and lay the zest out on a cooling rack. Toss in sugar and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:45.55, Glycemic Load:212.22, Inflammation Score:-9, Nutrition Score:17.435652100522%

Flavonoids

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 1563.14kcal (78.16%), Fat: 31.34g (48.22%), Saturated Fat: 17.71g (110.69%), Carbohydrates: 325.48g (108.49%), Net Carbohydrates: 322.63g (117.32%), Sugar: 314.21g (349.12%), Cholesterol: 276.27mg (92.09%), Sodium: 84.38mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Vitamin C: 54.51mg (66.07%), Vitamin A: 3297.32IU (65.95%), Vitamin B2: 0.48mg (28.52%), Calcium: 260.14mg (26.01%), Phosphorus: 259.48mg (25.95%), Selenium: 16.28µg (23.26%), Vitamin D: 3.27µg (21.77%), Vitamin B12: 1.11µg (18.42%), Vitamin B5: 1.6mg (15.95%), Potassium: 497.02mg (14.2%), Folate: 51.05µg (12.76%), Vitamin B6: 0.25mg (12.49%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.85g (11.4%), Magnesium: 37.34mg (9.34%), Vitamin E: 1.3mg (8.64%), Zinc: 1.23mg (8.2%), Copper: 0.13mg (6.59%), Iron: 0.87mg (4.81%), Manganese: 0.07mg (3.38%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.4µg (2.28%)