



Portuguese Custard Tarts - Pasteis de Nata



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 6 egg yolks
- ☐ 1 cup milk
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 0.5 vanilla pod
- ☐ 1 cup sugar white

Equipment

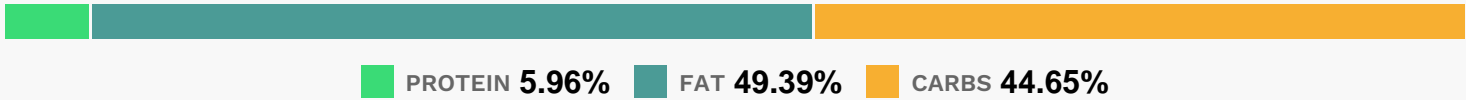
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.) Lightly grease 12 muffin cups and line bottom and sides with puff pastry.
- ☐ In a saucepan, combine milk, cornstarch, sugar and vanilla. Cook, stirring constantly, until mixture thickens.
- ☐ Place egg yolks in a medium bowl. Slowly whisk 1/2 cup of hot milk mixture into egg yolks. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Cook, stirring constantly, for 5 minutes, or until thickened.
- ☐ Remove vanilla bean.
- ☐ Fill pastry-lined muffin cups with mixture and bake in preheated oven for 20 minutes, or until crust is golden brown and filling is lightly browned on top

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:22.09, Inflammation Score:-2, Nutrition Score:6.0021739265193%

Nutrients (% of daily need)

Calories: 341.26kcal (17.06%), Fat: 18.87g (29.04%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 37.76g (13.73%), Sugar: 17.97g (19.96%), Cholesterol: 99.64mg (33.21%), Sodium: 115.34mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Selenium: 15.59µg (22.27%), Vitamin B1: 0.19mg (12.78%), Vitamin B2: 0.2mg (11.51%), Folate: 45.39µg (11.35%), Manganese: 0.21mg (10.46%), Vitamin B3: 1.75mg (8.73%), Phosphorus: 80.7mg (8.07%), Iron: 1.32mg (7.34%), Vitamin K: 6.78µg (6.46%), Vitamin B12: 0.29µg (4.75%), Vitamin D: 0.71µg (4.73%), Calcium: 40.96mg (4.1%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.51mg (3.42%), Vitamin A: 163.13IU (3.26%), Vitamin E: 0.47mg (3.1%), Copper: 0.06mg (2.82%), Vitamin B6: 0.05mg (2.63%), Fiber: 0.64g (2.55%), Magnesium: 9.56mg (2.39%), Potassium: 65.92mg (1.88%)