

Vanilla custard

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 1 l milk
- ☐ 8 egg yolk
- ☐ 140 g tsp vanilla sugar
- ☐ 3 tbsp cornstarch
- ☐ 3 tbsp flour plain

Equipment

- ☐ bowl
- ☐ frying pan

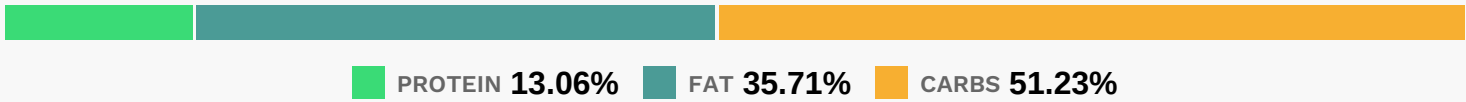
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sauce pan

Directions

- ☐ Heat the milk in the saucepan until it comes just up to the boil, then take off the heat immediately. In a bowl, beat together the egg yolks, vanilla sugar and flours.
- ☐ Pour the milk slowly over the egg mix, beating well.
- ☐ Return the mixture to the pan and place over a low heat, stirring for 8–10 mins until the mixture begins to thicken.
- ☐ Remove and serve with the dumplings.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:16.06, Inflammation Score:-3, Nutrition Score:7.8721739170344%

Nutrients (% of daily need)

Calories: 224.35kcal (11.22%), Fat: 8.98g (13.82%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 28.88g (10.5%), Sugar: 23.77g (26.42%), Cholesterol: 209.87mg (69.96%), Sodium: 58.13mg (2.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Phosphorus: 203.83mg (20.38%), Selenium: 13.67µg (19.53%), Calcium: 182.44mg (18.24%), Vitamin B12: 1.05µg (17.45%), Vitamin B2: 0.29mg (17.07%), Vitamin D: 2.39µg (15.93%), Vitamin B5: 1.03mg (10.31%), Vitamin A: 468.4IU (9.37%), Vitamin B1: 0.13mg (8.4%), Folate: 31.43µg (7.86%), Vitamin B6: 0.14mg (7.14%), Zinc: 0.97mg (6.44%), Potassium: 216.44mg (6.18%), Magnesium: 17.08mg (4.27%), Iron: 0.64mg (3.58%), Vitamin E: 0.53mg (3.54%), Manganese: 0.04mg (1.83%), Vitamin B3: 0.31mg (1.53%), Copper: 0.02mg (1.1%)