



Vanilla Custard Crumble with Mixed Berries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.3 cup blackberries
- ☐ 0.3 cup blueberries
- ☐ 1 teaspoon butter
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg whites
- ☐ 2 large egg yolk lightly beaten
- ☐ 2 cups milk 2% reduced-fat

- ☐ 0.3 cup raspberries
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vanilla extract
- ☐ 45 vanilla wafers reduced-fat

Equipment

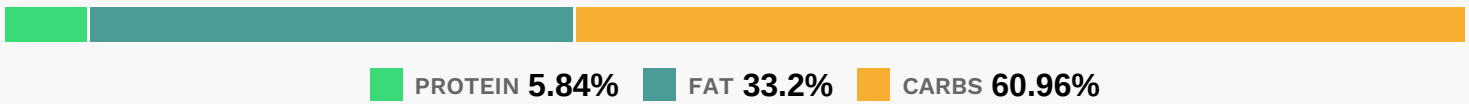
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 30
- ☐ To prepare crumble, place wafers in a food processor; pulse 15 times or until fine crumbs form.
- ☐ Add 2 tablespoons butter, and pulse 4 times or until mixture resembles coarse meal.
- ☐ Add vanilla extract and egg white, and pulse just until moist.
- ☐ Spread crumb mixture onto a baking sheet coated with cooking spray, pressing gently.
- ☐ Bake at 300 for 27 minutes or until golden, and let stand 10 minutes. Crumble and set aside.
- ☐ To prepare custard, heat the milk and vanilla bean over medium-high heat in a large, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil), stirring frequently.
- ☐ Remove from heat, and let stand 30 minutes.
- ☐ Remove vanilla bean from pan. Scrape the seeds from vanilla bean, and add seeds to milk mixture. Discard bean.

- ☐ Add sugar, cornstarch, and salt to milk mixture, stirring with a whisk. Bring to a boil over medium-high heat, stirring frequently. Cook 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Place egg yolks in a medium bowl, and stir with a whisk. Gradually add hot milk mixture to egg yolks, stirring constantly with a whisk. Return milk mixture to pan. Bring to a boil, and cook 1 minute, stirring constantly.
- ☐ Remove from heat; add 1 teaspoon butter, stirring until butter melts.
- ☐ Place pan in a large ice-filled bowl for 30 minutes or until the mixture comes to room temperature, stirring occasionally. Cover and chill 8 hours or until set.
- ☐ Combine the berries.
- ☐ Place 1/4 cup crumble in each of 8 (8-ounce) custard cups, and top each serving with 1/4 cup custard. Spoon 2 tablespoons berry mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:30.7, Inflammation Score:-2, Nutrition Score:5.1269565406053%

Flavonoids

Cyanidin: 8.81mg, Cyanidin: 8.81mg, Cyanidin: 8.81mg, Cyanidin: 8.81mg Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg, Petunidin: 1.96mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 317.46kcal (15.87%), Fat: 11.75g (18.08%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 47.26g (17.19%), Sugar: 31.67g (35.19%), Cholesterol: 59.83mg (19.94%), Sodium: 235.82mg

(10.25%), Alcohol: 0.56g (100%), Alcohol %: 0.49% (100%), Protein: 4.65g (9.31%), Vitamin B2: 0.24mg (14.08%), Vitamin B1: 0.18mg (11.86%), Folate: 42.06µg (10.52%), Phosphorus: 90.51mg (9.05%), Calcium: 81.33mg (8.13%), Selenium: 4.92µg (7.03%), Vitamin B12: 0.41µg (6.77%), Manganese: 0.11mg (5.48%), Vitamin B3: 1.04mg (5.2%), Fiber: 1.28g (5.13%), Vitamin A: 242.37IU (4.85%), Potassium: 148.12mg (4.23%), Vitamin C: 3.29mg (3.98%), Vitamin B5: 0.39mg (3.91%), Vitamin K: 3.2µg (3.05%), Zinc: 0.45mg (3.02%), Magnesium: 10.16mg (2.54%), Vitamin E: 0.37mg (2.48%), Vitamin B6: 0.05mg (2.29%), Vitamin D: 0.23µg (1.53%), Copper: 0.03mg (1.45%), Iron: 0.24mg (1.34%)