

Custard Cake Filling

What's Cooking II

North American Institute of Modern Cuisine

Yield: 1 3/4 cups

2 cups milk

2/3 cup sugar

3 egg yolks

1/4 cup cornstarch

2 tablespoons unsalted butter

1/2 teaspoon vanilla extract

In a saucepan, heat the milk and sugar. Set aside.

In a bowl, whip the egg yolks and cornstarch. Dilute in 1/3 cup of the hot milk mixture. Set aside.

Bring to a boil the remaining sweetened milk. Beat into the yolk mixture.

Pour into a saucepan. Cook for 1 minute or so, whisking vigorously.

Off heat, whisk in the butter and vanilla until creamy smooth. Let cool until lukewarm. Refrigerate.

Per Serving (excluding unknown items): 1320 Calories; 55g Fat (36.9% calories from fat); 25g Protein; 185g Carbohydrate; trace Dietary Fiber; 766mg Cholesterol; 268mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 2 Non-Fat Milk; 9 1/2 Fat; 9 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1320	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.9%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	55.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	55g	Folacin (mcg):	98mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	6
Cholesterol (mg):	766mg	% Refuse:	n n%
Carbohydrate (g):	185g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	2
Protein (g):	25g	Lean Meat:	1
Sodium (mg):	268mg	Vegetable:	0
Potassium (mg):	797mg	Fruit:	0
Calcium (mg):	659mg	Non-Fat Milk:	2
Iron (mg):	2mg	Fat:	9 1/2

Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2450IU
Vitamin A (r.e.): 690RE

Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 1320 Calories from Fat: 488

% Daily Values*

Total Fat	55g	84%
Saturated Fat	29g	146%
Cholesterol	766mg	255%
Sodium	268mg	11%
Total Carbohydrates	185g	62%
Dietary Fiber	trace	1%
Protein	25g	
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Vitamin A		49%
Vitamin C		8%
Calcium		66%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.