

# Egg Custard Dessert Filling

*Southern Living - 1987 Annual Recipes*

## Yield: 1 cup

*1/3 cup sugar*

*1 tablespoon all-purpose flour*

*1 egg*

*1 egg yolk*

*3/4 cup milk*

*3 tablespoons butter or margarine*

*1 teaspoon vanilla extract*

In the top of a double boiler, combine the sugar and flour. Stir well.

Add the egg, egg yolk and milk. Beat well with a wire whisk.

Cook over boiling water, stirring constantly, until smooth and thickened.

Remove from the heat. Add the butter and vanilla, stirring until the butter melts.

Place plastic wrap directly on top of the pudding. Chill thoroughly.

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Per Serving (excluding unknown items): 847 Calories; 51g Fat (53.7% calories from fat); 16g Protein; 82g Carbohydrate; trace Dietary Fiber; 543mg Cholesterol; 519mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 9 Fat; 4 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	847
% Calories from Fat:	53.7%
% Calories from Carbohydrates:	38.7%
% Calories from Protein:	7.6%
Total Fat (g):	51g
Saturated Fat (g):	28g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	543mg
Carbohydrate (g):	82g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	71mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 16g  
**Sodium (mg):** 519mg  
**Potassium (mg):** 381mg  
**Calcium (mg):** 279mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 2098IU  
**Vitamin A (r.e.):** 558 1/2RE

**Lean Meat:** 1  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 9  
**Other Carbohydrates:** 4 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 847                      **Calories from Fat:** 455

### % Daily Values\*

<b>Total Fat</b> 51g	78%
Saturated Fat 28g	142%
<b>Cholesterol</b> 543mg	181%
<b>Sodium</b> 519mg	22%
<b>Total Carbohydrates</b> 82g	27%
Dietary Fiber trace	1%
<b>Protein</b> 16g	
<b>Vitamin A</b>	42%
<b>Vitamin C</b>	3%
<b>Calcium</b>	28%
<b>Iron</b>	11%

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