

Custard Sauce

What's Cooking II

North American Institute of Modern Cuisine

Yield: 2 1/2 cups

2 cups milk

4 egg yolks

1/2 cup sugar

1 teaspoon vanilla extract

In a double-boiler, bring the milk to a boil. Set aside.

In a mixer bowl, at high speed, whip the remaining ingredients until thick and creamy. Fold into the milk. While stirring, cook until the sauce thickens.

Pass the hot sauce through a sieve.

Serve warm or cold.

Per Serving (excluding unknown items): 937 Calories; 37g Fat (35.2% calories from fat); 27g Protein; 125g Carbohydrate; 0g Dietary Fiber; 917mg Cholesterol; 269mg Sodium. Exchanges: 1 Lean Meat; 2 Non-Fat Milk; 6 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	937	Vitamin B6 (mg):	.4mg
% Calories from Fat:	35.2%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	53.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	37g	Folacin (mcg):	121mcg
Saturated Fat (g):	16g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	13
Cholesterol (mg):	917mg	% Refuse:	n.n%
Carbohydrate (g):	125g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	27g	Lean Meat:	1

Sodium (mg): 269mg
Potassium (mg): 804mg
Calcium (mg): 675mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1906IU
Vitamin A (r.e.): 573RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 6
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 937 Calories from Fat: 330

% Daily Values*

Total Fat	37g	57%
Saturated Fat	16g	82%
Cholesterol	917mg	306%
Sodium	269mg	11%
Total Carbohydrates	125g	42%
Dietary Fiber	0g	0%
Protein	27g	
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Vitamin A		38%
Vitamin C		8%
Calcium		67%
Iron		15%

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