

Almond 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
1 teaspoon almond extract
3 egg yolks
1/4 cup cornstarch
2 tablespoons unsalted butter
1/2 teaspoon vanilla extract
3 tablespoons roasted sliced almonds

In a saucepan, heat the milk and sugar. Fold in the almond extract. 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.

Add roasted sliced almonds on the top.

Per Serving (excluding unknown items): 1327 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.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	1327	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.9%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	55.6%	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
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 766mg
Carbohydrate (g): 185g
Dietary Fiber (g): trace
Protein (g): 25g
Sodium (mg): 268mg
Potassium (mg): 797mg
Calcium (mg): 660mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2450IU
Vitamin A (r.e.): 690RE

Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 9 1/2
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 1327 **Calories from Fat:** 490

% 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.