



Healthdor

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Vanilla Creme no whipped cream ♦

A creamy and delicious vanilla creme recipe without whipped cream. Perfect for dessert lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 c	Milk
0.5 c	sugar
3 tbsp	cornstarch
2 tsp	vanilla extract
0.25 tsp	Salt
4 large	Egg Yolks

Directions

Step 1

Stove

In a saucepan, heat the milk over medium heat until hot but not boiling.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

In a separate bowl, whisk together the sugar, cornstarch, and salt. Add the egg yolks and vanilla extract, and whisk until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Slowly pour the hot milk into the egg mixture, whisking constantly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

Return the mixture to the saucepan and cook over medium heat, stirring constantly, until thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove from heat and let cool. Serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	0 g	0%	0%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

Meal Type

Brunch

Supper

Difficulty Level

Medium

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