

# Orange 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 orange 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): 930 Calories; 37g Fat (35.4% calories from fat); 27g Protein; 124g 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):	930
% Calories from Fat:	35.4%
% Calories from Carbohydrates:	53.0%
% Calories from Protein:	11.6%
Total Fat (g):	37g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	917mg
Carbohydrate (g):	124g
Dietary Fiber (g):	0g
Protein (g):	27g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.8mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	121mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Daily Value*	on on%

## **Food Exchanges**

Grain (Starch):	0
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** 930                      Calories from Fat: 329

### % Daily Values\*

<b>Total Fat</b>	37g	57%
Saturated Fat	16g	82%
<b>Cholesterol</b>	917mg	306%
<b>Sodium</b>	269mg	11%
<b>Total Carbohydrates</b>	124g	41%
Dietary Fiber	0g	0%
<b>Protein</b>	27g	
<b>Vitamin A</b>		38%
<b>Vitamin C</b>		8%
<b>Calcium</b>		67%
<b>Iron</b>		15%

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