

# Chinese Custard Tarts

Yield: 12 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-egg-tart-recipe-with-puff-pastry>

## Ingredients:

- 6 egg yolks
- 5/8 cup cream pure, thin
- 1/2 cup milk
- 2 teaspoons vanilla extract
- 2 sheets frozen puff pastry ready-rolled, 25cm x 25cm, thawed
- butter for greasing
- icing sugar to decorate

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 120 milligrams
4. Fat: 7 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 30 milligrams
8. Sugar: 2 grams

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