

Pastéis de nata (Portuguese custard tarts)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-belem-portuguese-tart-recipe>

Ingredients:

- 1 roll ready-made puff pastry
- 1 11/16 cups milk
- 2 egg yolks
- 1 whole egg
- 2 tablespoons corn flour
- 7/8 cup caster sugar
- 1/2 teaspoon vanilla extract

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 170 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 140 milligrams
9. Sugar: 32 grams

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