

Portuguese Custard Tarts (Pastéis de Nata)

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-portuguese-pasteis-de-nata-recipe>

Ingredients:

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

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 65 milligrams
4. Fat: 2.5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 40 milligrams
8. Sugar: 12 grams

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