

Recipe Analyzer Results

A single serving of this recipe has **733** calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 12

Amount per serving

Calories **733**

% Daily Value*

Total Fat 40.8g **52%**

Saturated Fat 18.4g **92%**

Cholesterol 285mg **95%**

Sodium 131mg **6%**

Total Carbohydrate 79g **29%**

Dietary Fiber 2.9g **11%**

Total Sugars 49.6g

Protein 15.3g

Vitamin D 47mcg **237%**

Calcium 238mg **18%**

Iron 3mg **16%**

Potassium 159mg **3%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 600 ml milk
- 6 egg yolks
- 500 g sugar
- 125 g cornstarch
- 100 g butter
- 1/3 c raspberry jam
- 6 large eggs
- 75 g flour
- 1 tsp baking powder
- 20 oz heavy cream
- 400 g almond flour