



Apple Brandy Crème Anglaise

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



50

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple brandy
- ☐ 2 large egg yolks
- ☐ 1 cup heavy cream
- ☐ 0.3 cup sugar

Equipment

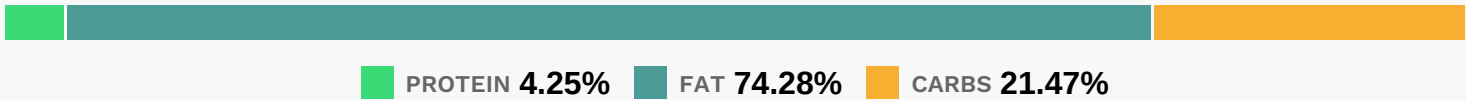
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Whisk together cream, egg yolks, and sugar in a 2-qt. saucepan, and cook over medium heat, whisking constantly (so mixture doesn't scorch or scramble), 8 to 10 minutes or until mixture thinly coats back of a wooden spoon.
- ☐ Pour through a fine wire-mesh strainer into a bowl. Stir in apple brandy or bourbon.
- ☐ Add cinnamon stick, if desired. Fill a large bowl with ice.
- ☐ Place bowl containing cream mixture in ice, and let stand, stirring constantly, 30 minutes.
- ☐ Remove cinnamon stick. Cover and chill 1 hour to 3 days.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.32956521836636%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 22.53kcal (1.13%), Fat: 1.9g (2.93%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.22g (0.44%), Sugar: 1.2g (1.34%), Cholesterol: 12.72mg (4.24%), Sodium: 1.63mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin A: 80.1IU (1.6%)