



## Bavarian Cream

 Gluten Free

READY IN



125 min.

SERVINGS



4

CALORIES



647 kcal

SIDE DISH

## Ingredients

- 4 egg yolks
- 2 tablespoons gelatin powder unflavored
- 2 cups heavy cream
- 2 cups milk
- 1 pinch salt
- 1 teaspoon vanilla extract
- 0.5 cup water cold
- 0.5 cup sugar white

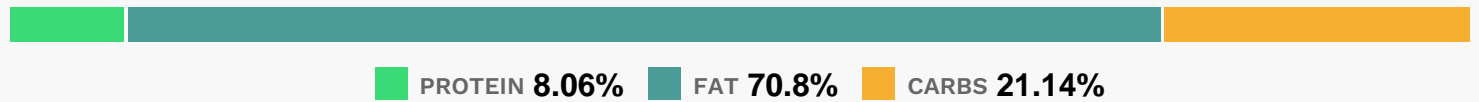
# Equipment

- bowl
- sauce pan
- whisk
- sieve

# Directions

- In a small bowl, stir together the gelatin and cold water. Set aside to soften. In a medium bowl, whisk together the egg yolks, sugar, and salt until smooth.
- In a medium saucepan, bring the milk to a boil.
- Pour the hot milk in a steady stream into the yolk mixture, whisking constantly. Return the mixture to the saucepan and cook and stir over medium heat until the mixture coats the back of a spoon.
- Remove from heat and pour the custard through a strainer.
- Stir in the softened gelatin and vanilla and stir to melt the gelatin. Allow to cool.
- When the mixture has cooled almost to room temperature, whip the heavy cream to medium stiffness and fold it into the custard. Immediately transfer the Bavarian cream to parfait glasses, molds, or on prepared cake layers, as it will firm up quickly as the gelatin sets. Refrigerate at least one hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:27.02, Glycemic Load:19.62, Inflammation Score:-8, Nutrition Score:12.503913086394%

# Nutrients (% of daily need)

Calories: 646.61kcal (32.33%), Fat: 51.72g (79.56%), Saturated Fat: 31.36g (196%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 34.75g (12.64%), Sugar: 34.52g (38.36%), Cholesterol: 343.51mg (114.5%), Sodium: 105.5mg (4.59%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 13.24g (26.48%), Vitamin A: 2206.5IU (44.13%), Vitamin B2: 0.5mg (29.46%), Vitamin D: 4.22µg (28.12%), Phosphorus: 263.86mg (26.39%), Calcium: 255mg (25.5%), Selenium: 17.5µg (25%), Vitamin B12: 1.2µg (20%), Vitamin B5: 1.3mg (13.01%), Vitamin E: 1.62mg (10.8%),

Potassium: 318.21mg (9.09%), Vitamin B6: 0.18mg (8.98%), Vitamin B1: 0.12mg (8.32%), Zinc: 1.21mg (8.08%), Folate: 32.09µg (8.02%), Magnesium: 25.06mg (6.26%), Copper: 0.11mg (5.55%), Vitamin K: 4.3µg (4.1%), Iron: 0.66mg (3.68%), Manganese: 0.02mg (1.15%), Vitamin B3: 0.22mg (1.08%)