



Brown sugar brandy cream



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 400 ml crème fraîche
- ☐ 1 vanilla pod
- ☐ 3 tbsp brandy
- ☐ 3 tbsp g muscovado sugar light for sprinkling plus a little extra

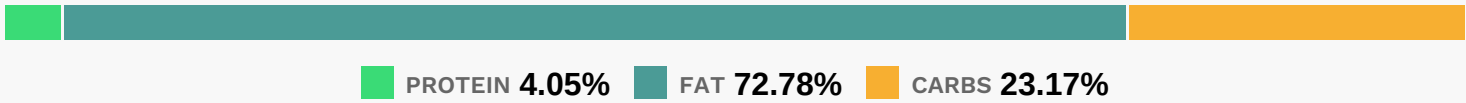
Equipment

Directions

☐

Mix together the crme frache, vanilla seeds, brandy and sugar. This can be chilled for up to 2 days just give everything a good stir. sprinkle on a little extra sugar before serving.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6039130726586%

Nutrients (% of daily need)

Calories: 127.81kcal (6.39%), Fat: 9.52g (14.65%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 6.82g (2.48%), Sugar: 6.02g (6.69%), Cholesterol: 28.68mg (9.56%), Sodium: 16.38mg (0.71%), Alcohol: 1.88g (100%), Alcohol %: 4.01% (100%), Protein: 1.19g (2.38%), Vitamin A: 302.83IU (6.06%), Calcium: 52.83mg (5.28%), Vitamin B2: 0.08mg (4.82%), Phosphorus: 37.35mg (3.73%), Selenium: 1.85µg (2.65%), Potassium: 66.86mg (1.91%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.17mg (1.69%), Magnesium: 5.27mg (1.32%), Vitamin E: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.09%), Zinc: 0.16mg (1.09%)