



Café Brûlot Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 0.5 cup butter
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon orange zest
- ☐ 1 tablespoon strong chicory coffee brewed
- ☐ 0.3 cup sugar

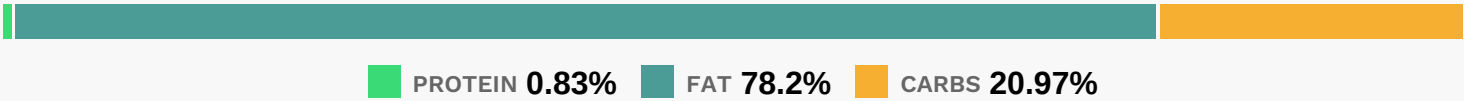
Equipment

- ☐ sauce pan

Directions

- ☐ Cook butter and sugar in a heavy saucepan over low heat, stirring constantly, 3 minutes or until smooth. Stir in cream and coffee. Cook, stirring constantly, 5 minutes or until thickened.
- ☐ Remove from heat; stir in brandy and orange zest.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:1.8073913160226%

Nutrients (% of daily need)

Calories: 327.37kcal (16.37%), Fat: 28.44g (43.75%), Saturated Fat: 18.01g (112.54%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 17.11g (6.22%), Sugar: 17.08g (18.98%), Cholesterol: 77.82mg (25.94%), Sodium: 186.76mg (8.12%), Alcohol: 1.25g (100%), Alcohol %: 2.34% (100%), Protein: 0.68g (1.35%), Vitamin A: 929.85IU (18.6%), Vitamin E: 0.8mg (5.31%), Vitamin B2: 0.04mg (2.6%), Vitamin K: 2.47µg (2.35%), Calcium: 17.67mg (1.77%), Vitamin D: 0.24µg (1.59%), Phosphorus: 15.8mg (1.58%), Vitamin B12: 0.07µg (1.2%), Selenium: 0.83µg (1.19%)