

Calvados custard



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 300 ml milk whole
- ☐ 300 ml single cream
- ☐ 1 vanilla pod with seeds scraped out and reserved halved
- ☐ 7 large egg yolk
- ☐ 50 g brown sugar
- ☐ 100 ml calvados

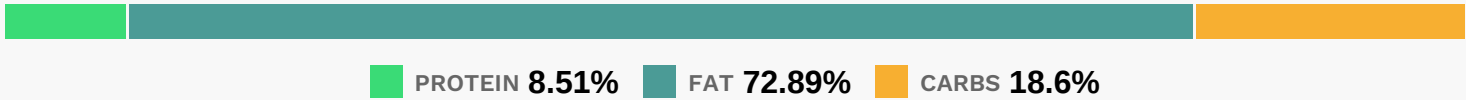
Equipment

- ☐ whisk

Directions

- ☐ Heat milk, cream, vanilla pod and the vanilla seeds to a boil.
- ☐ Remove from the heat and leave to infuse for 20 mins, then discard the vanilla pod.
- ☐ Whisk the egg yolks and sugar together until pale.
- ☐ Add to the milk mixture and whisk to combine. Cook very gently until thickened when its ready, the custard should coat the back of a spoon.
- ☐ Remove from the heat and add the Calvados.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:5.2213043466858%

Nutrients (% of daily need)

Calories: 236.23kcal (11.81%), Fat: 16.98g (26.13%), Saturated Fat: 9.47g (59.16%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.75g (3.55%), Sugar: 8.05g (8.94%), Cholesterol: 207.34mg (69.11%), Sodium: 36.59mg (1.59%), Alcohol: 4.24g (100%), Alcohol %: 4.84% (100%), Protein: 4.46g (8.93%), Selenium: 9.33µg (13.33%), Vitamin A: 660.9IU (13.22%), Phosphorus: 120.94mg (12.09%), Vitamin B2: 0.18mg (10.57%), Calcium: 98.09mg (9.81%), Vitamin D: 1.46µg (9.71%), Vitamin B12: 0.57µg (9.58%), Vitamin B5: 0.7mg (6.95%), Folate: 23.3µg (5.82%), Vitamin E: 0.74mg (4.91%), Vitamin B6: 0.09mg (4.45%), Zinc: 0.6mg (4.02%), Vitamin B1: 0.06mg (3.85%), Potassium: 119.54mg (3.42%), Iron: 0.47mg (2.59%), Magnesium: 8.6mg (2.15%), Vitamin K: 1.24µg (1.18%)