



Cinnamon Crème Anglaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 4 large egg yolks
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 cup sugar

Equipment

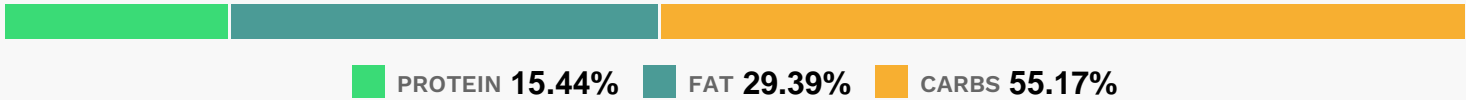
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Combine milk, sugar, and cinnamon stick in a small, heavy saucepan over medium-low heat; cook 5 minutes or just until sugar dissolves and mixture is hot, stirring occasionally.
- ☐ Place egg yolks in a medium bowl; stir with a whisk until blended. Gradually add about half of hot milk mixture, stirring constantly with a whisk (leave cinnamon in pan).
- ☐ Add egg mixture to milk mixture in pan. Cook over medium-low heat 6 minutes or until the mixture thickens and coats the back of a spoon, stirring constantly with a wooden spoon (do not boil).
- ☐ Strain sauce through a fine sieve into a bowl; discard cinnamon.
- ☐ Place bowl of sauce in a large ice-filled bowl for 15 minutes or until sauce is room temperature, stirring occasionally. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:3.8052173660177%

Nutrients (% of daily need)

Calories: 85.9kcal (4.3%), Fat: 2.85g (4.38%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.79g (4.29%), Sugar: 11.3g (12.56%), Cholesterol: 94.75mg (31.58%), Sodium: 27.22mg (1.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Phosphorus: 94.2mg (9.42%), Calcium: 89.77mg (8.98%), Vitamin B12: 0.53µg (8.76%), Selenium: 6.06µg (8.66%), Vitamin B2: 0.13mg (7.6%), Vitamin D: 1.11µg (7.39%), Vitamin A: 239.5IU (4.79%), Vitamin B5: 0.47mg (4.69%), Manganese: 0.08mg (4.16%), Folate: 13.62µg (3.4%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.25%), Zinc: 0.46mg (3.05%), Potassium: 105.13mg (3%), Magnesium: 7.77mg (1.94%), Vitamin E: 0.24mg (1.61%), Iron: 0.27mg (1.51%)