



Cream Cheese Anglaise

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 8 oz cream cheese softened
- ☐ 3 egg yolks
- ☐ 1.5 cups half-and-half
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

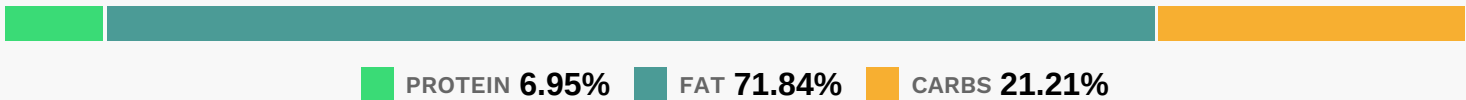
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Process half-and-half, cream cheese, sugar, egg yolks, cornstarch, and salt in a blender until smooth. Bring mixture to a boil in a medium saucepan over medium heat, whisking constantly. Boil, whisking constantly, 1 minute.
- ☐ Remove from heat, and whisk in butter and vanilla.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:3.33, Inflammation Score:-2, Nutrition Score:2.1726087022411%

Nutrients (% of daily need)

Calories: 129.51kcal (6.48%), Fat: 10.47g (16.1%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.95g (2.53%), Sugar: 6.06g (6.73%), Cholesterol: 66.63mg (22.21%), Sodium: 95.46mg (4.15%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.28g (4.55%), Vitamin A: 387.29IU (7.75%), Vitamin B2: 0.1mg (6.03%), Selenium: 4.15µg (5.93%), Phosphorus: 53.74mg (5.37%), Calcium: 45.75mg (4.57%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.15µg (2.54%), Vitamin E: 0.33mg (2.18%), Folate: 7.4µg (1.85%), Zinc: 0.26mg (1.7%), Vitamin B6: 0.03mg (1.66%), Potassium: 56.78mg (1.62%), Vitamin D: 0.19µg (1.3%), Vitamin B1: 0.02mg (1.15%), Magnesium: 4.05mg (1.01%)