



Cream Sauce

 Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



214 kcal

SAUCE

Ingredients

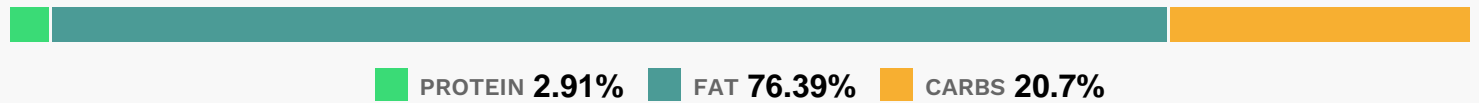
- 3 tablespoons cornstarch
- 2 cups heavy cream
- 0.3 cup irish cream liqueur
- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 10 servings water

Equipment

Directions

- Heat heavy cream, Irish cream liqueur and sugar.
- Mix cornstarch with about 1 tablespoon of water. Stir into the cream mixture and heat until thickened.
- Add vanilla.
- Serve over bread pudding.
- Cook's Note: You can make this up to 3 days in advance.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:1.996956517191%

Nutrients (% of daily need)

Calories: 214.49kcal (10.72%), Fat: 17.97g (27.64%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.93g (3.97%), Sugar: 7.61g (8.46%), Cholesterol: 53.79mg (17.93%), Sodium: 13.25mg (0.58%), Alcohol: 0.93g (100%), Alcohol %: 1.9% (100%), Protein: 1.54g (3.08%), Vitamin A: 699.72IU (13.99%), Vitamin B2: 0.09mg (5.34%), Vitamin D: 0.76µg (5.08%), Calcium: 31.58mg (3.16%), Vitamin E: 0.44mg (2.92%), Phosphorus: 28.07mg (2.81%), Selenium: 1.55µg (2.22%), Vitamin K: 1.52µg (1.45%), Potassium: 46.01mg (1.31%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.22%)