



## Crème Anglaise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

## Ingredients

- 0.5 cup milk whole
- 3 large egg yolk
- 0.5 cup whipping cream
- 1 piece vanilla pod split
- 3 tablespoons sugar

## Equipment

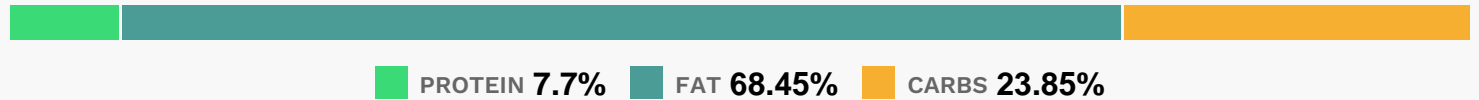
- bowl
- sauce pan

whisk

## Directions

- Combine milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring milk mixture to simmer.
- Remove from heat.
- Whisk egg yolks and sugar in medium bowl to blend. Gradually whisk hot milk mixture into yolk mixture. Return custard to saucepan. Stir over low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes (do not boil). Strain sauce into bowl. Cover and chill. (Can be made 1 day ahead.)

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:6.82, Inflammation Score:-3, Nutrition Score:4.5286956092586%

## Nutrients (% of daily need)

Calories: 198.09kcal (9.9%), Fat: 15.31g (23.56%), Saturated Fat: 8.63g (53.92%), Carbohydrates: 12g (4%), Net Carbohydrates: 12g (4.36%), Sugar: 11.39g (12.65%), Cholesterol: 174.98mg (58.33%), Sodium: 25.83mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin A: 670.59IU (13.41%), Selenium: 8.67µg (12.38%), Vitamin D: 1.5µg (10%), Vitamin B2: 0.17mg (9.83%), Phosphorus: 97.79mg (9.78%), Vitamin B12: 0.46µg (7.68%), Calcium: 73.69mg (7.37%), Vitamin B5: 0.57mg (5.71%), Folate: 19.81µg (4.95%), Vitamin E: 0.62mg (4.12%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.49mg (3.27%), Vitamin B1: 0.05mg (3.03%), Potassium: 88.09mg (2.52%), Iron: 0.38mg (2.12%), Magnesium: 6.38mg (1.6%), Vitamin K: 1.13µg (1.08%)