

# Crème Anglaise

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

## Ingredients

- 6 large egg yolk
- 2 cups half and half
- 0.7 cup sugar
- 1 vanilla pod split

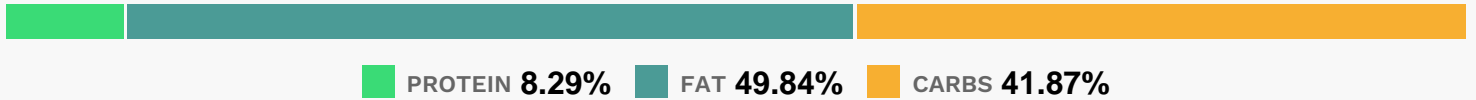
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Whisk egg yolks and 2/3 cup sugar in medium bowl to blend.
- Place 2 cups half and half in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring mixture to simmer over medium heat.
- Remove from heat. Gradually whisk hot half and half mixture into egg yolk mixture. Return mixture to saucepan. Stir over medium-low heat until custard thickens slightly and leaves path on back of spoon when finger is drawn across, about 12 minutes (do not boil). Discard vanilla bean. Cover and refrigerate until cold. (Can be prepared 1 day ahead; keep refrigerated.)

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:4.1330435042796%

## Nutrients (% of daily need)

Calories: 185.95kcal (9.3%), Fat: 10.48g (16.13%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 19.82g (7.21%), Sugar: 19.2g (21.34%), Cholesterol: 158.88mg (52.96%), Sodium: 43.19mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Selenium: 9.18µg (13.11%), Vitamin B2: 0.19mg (11.05%), Phosphorus: 107.2mg (10.72%), Calcium: 81.35mg (8.13%), Vitamin A: 398.02IU (7.96%), Vitamin B12: 0.36µg (6.06%), Vitamin B5: 0.56mg (5.56%), Folate: 20.43µg (5.11%), Vitamin D: 0.69µg (4.59%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.53mg (3.54%), Vitamin E: 0.48mg (3.2%), Vitamin B1: 0.04mg (2.71%), Potassium: 94.09mg (2.69%), Iron: 0.39mg (2.15%), Magnesium: 6.69mg (1.67%)