



Crème Anglaise

 Vegetarian

READY IN



18 min.

SERVINGS



16

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 4 egg yolks
- ☐ 1.8 cups milk 2% reduced-fat
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

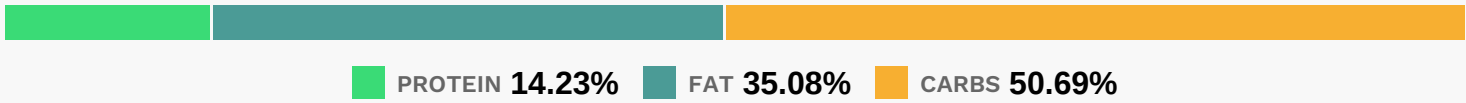
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat milk in a medium saucepan over medium heat just until bubbles and steam appear (do not boil).
- ☐ Remove from heat.
- ☐ Whisk together sugar and egg yolks in a medium bowl until blended. Gradually add heated milk to egg yolk mixture, whisking constantly. Return mixture to saucepan. Cook over medium heat, whisking constantly, 6 minutes or until mixture thinly coats the back of a spoon.
- ☐ Pour mixture into a bowl. Stir in vanilla.
- ☐ Place plastic wrap directly on surface of mixture, and chill at least 4 hours. (
- ☐ Mixture will thicken slightly as it cools.) Stir in bourbon before serving.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.5882608675114%

Nutrients (% of daily need)

Calories: 48.49kcal (2.42%), Fat: 1.72g (2.64%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.58g (2.03%), Sugar: 5.52g (6.13%), Cholesterol: 50.67mg (16.89%), Sodium: 14.37mg (0.62%), Alcohol: 0.71g (100%), Alcohol %: 2.47% (100%), Protein: 1.57g (3.13%), Selenium: 3.19µg (4.56%), Vitamin B2: 0.07mg (4.27%), Phosphorus: 41.39mg (4.14%), Vitamin B12: 0.22µg (3.74%), Calcium: 36.85mg (3.68%), Vitamin B5: 0.23mg (2.27%), Folate: 7.86µg (1.97%), Vitamin A: 91.22IU (1.82%), Vitamin D: 0.24µg (1.62%), Zinc: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.21%), Potassium: 41.53mg (1.19%)