

Creme Anglaise I

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- 4 egg yolks
- 1 cup heavy cream
- 2 teaspoons vanilla extract
- 0.3 cup sugar white

Equipment

- sauce pan
- whisk

Directions

- In a small, heavy saucepan, heat cream and vanilla until bubbles form at edges.
- While cream is heating, whisk together egg yolks and sugar until smooth. Slowly pour 1/2 cup of hot milk mixture into egg yolks, whisking constantly. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Continue to cook, stirring constantly, until the mixture coats the back of a spoon.

Nutrition Facts

PROTEIN 5.49% **FAT 71.37%** **CARBS 23.14%**

Properties

Glycemic Index:11.68, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:3.8334782570601%

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 17.54g (26.98%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.79g (4.65%), Sugar: 12.48g (13.87%), Cholesterol: 174.42mg (58.14%), Sodium: 16.7mg (0.73%), Alcohol: 0.46g (100%), Alcohol %: 0.91% (100%), Protein: 3.04g (6.07%), Vitamin A: 756.14IU (15.12%), Selenium: 7.98µg (11.4%), Vitamin D: 1.28µg (8.55%), Vitamin B2: 0.14mg (8.31%), Phosphorus: 69.89mg (6.99%), Vitamin B12: 0.3µg (4.96%), Folate: 19.11µg (4.78%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.67mg (4.5%), Calcium: 41.92mg (4.19%), Vitamin B6: 0.06mg (2.81%), Zinc: 0.37mg (2.49%), Iron: 0.37mg (2.08%), Vitamin B1: 0.03mg (1.95%), Potassium: 52.96mg (1.51%), Vitamin K: 1.35µg (1.29%)