



Creme Anglaise Ice Cream

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons cognac
- ☐ 1 teaspoon cornstarch
- ☐ 4 egg yolks
- ☐ 1.8 cups scalded milk
- ☐ 0.5 cup sugar
- ☐ 1 of seeds vanilla bean
- ☐ 1 teaspoon vanilla extract pure

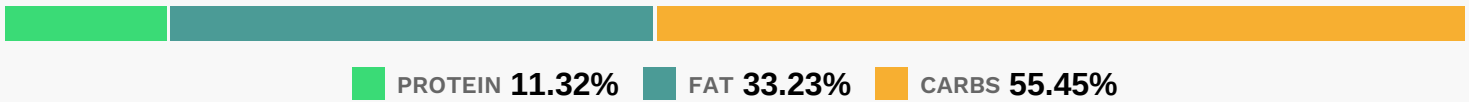
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Beat the egg yolks and sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed for 3 minutes, or until very thick. Reduce to low speed, and add the cornstarch.
- ☐ With the mixer still on low, slowly pour the hot milk into the eggs.
- ☐ Pour the custard mixture into a saucepan and cook over low heat, stirring constantly with a wooden spoon, until thickened. The custard will coat the spoon like heavy cream. Don't cook it above 180 degrees or the eggs will scramble!
- ☐ Pour the sauce through a fine strainer, add the vanilla extract, Cognac, and vanilla seeds, if using. Freeze the mixture in an ice cream freezer according to the manufacturer's directions.
- ☐ Transfer to a plastic container and store in the freezer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:9.67, Inflammation Score:-1, Nutrition Score:3.3869565269383%

Nutrients (% of daily need)

Calories: 113.98kcal (5.7%), Fat: 4.15g (6.39%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 15.59g (5.67%), Sugar: 15.16g (16.84%), Cholesterol: 103.61mg (34.53%), Sodium: 24.8mg (1.08%), Alcohol: 0.49g (100%), Alcohol %: 0.8% (100%), Protein: 3.18g (6.37%), Phosphorus: 89.11mg (8.91%), Selenium: 6.14µg (8.77%), Calcium: 77.45mg (7.74%), Vitamin B12: 0.46µg (7.73%), Vitamin B2: 0.12mg (7.3%), Vitamin D: 1.07µg (7.15%), Vitamin B5: 0.47mg (4.68%), Vitamin A: 216.25IU (4.32%), Folate: 13.14µg (3.29%), Vitamin B6: 0.06mg (3.21%), Vitamin B1: 0.05mg (3.06%), Zinc: 0.43mg (2.85%), Potassium: 90.89mg (2.6%), Vitamin E: 0.26mg (1.73%), Magnesium: 6.92mg (1.73%), Iron: 0.25mg (1.41%)