



## Creme Anglaise II



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 4 egg yolks
- 1 cup half-and-half cream
- 2 tablespoons butter unsalted
- 1 vanilla pod halved lengthwise
- 0.5 cup sugar white divided

### Equipment

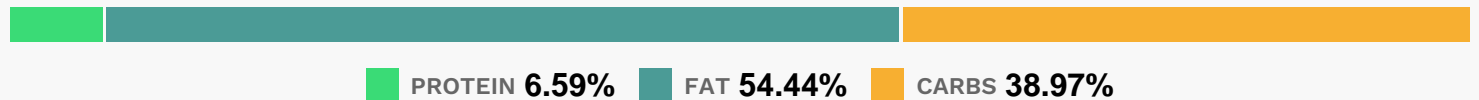
- bowl
- sauce pan

whisk

## Directions

- In a saucepan over medium heat, combine half-and-half, 1/4 cup sugar and vanilla bean.
- In a bowl, whisk together egg yolks and remaining 1/4 cup sugar until smooth.
- When cream mixture comes just to a boil, remove from heat and remove vanilla bean.
- Whisk a small amount of hot cream into the egg yolk mixture, then pour egg yolk mixture into remaining hot cream and whisk until smooth. Return to medium heat and cook, stirring, until mixture coats the back of a metal spoon.
- Remove from heat and stir in butter.
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:3.5947825409796%

## Nutrients (% of daily need)

Calories: 191.06kcal (9.55%), Fat: 11.78g (18.13%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.98g (6.9%), Sugar: 18.37g (20.41%), Cholesterol: 153.75mg (51.25%), Sodium: 31.04mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Selenium: 8.16µg (11.65%), Vitamin A: 432.44IU (8.65%), Phosphorus: 86.24mg (8.62%), Vitamin B2: 0.15mg (8.61%), Calcium: 59.92mg (5.99%), Vitamin B12: 0.32µg (5.31%), Vitamin B5: 0.48mg (4.8%), Vitamin D: 0.72µg (4.79%), Folate: 18.87µg (4.72%), Vitamin E: 0.52mg (3.46%), Vitamin B6: 0.06mg (3.12%), Zinc: 0.44mg (2.93%), Vitamin B1: 0.03mg (2.23%), Iron: 0.36mg (1.98%), Potassium: 67.77mg (1.94%), Magnesium: 4.73mg (1.18%)