Crème Anglaise with Brown-Sugared Strawberries

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	265 kcal

SIDE DISH

Ingredients

- [ ] 0.1 teaspoon almond extract
- [ ] 0.3 cup brown sugar packed
- [ ] 2 large eggs
- [ ] 0.3 cup granulated sugar
- [ ] 4 servings mint sprigs fresh
- [ ] 0.3 teaspoon salt
- [ ] 3 cups strawberries halved

- [ ] 1 teaspoon vanilla extract
- [ ] 2 cups milk whole

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] whisk

Directions

- [ ] Combine strawberries and brown sugar; let stand at room temperature 30 minutes.
- [ ] Combine granulated sugar, salt, and eggs in a large bowl, stirring well with a whisk.
- [ ] Heat milk in a small, heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil). Gradually add milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium-low heat 5 minutes or until slightly thick and mixture coats the back of a spoon, stirring constantly.
- [ ] Remove from heat; stir in extracts.
- [ ] Serve warm or chilled over strawberries.
- [ ] Garnish with mint, if desired.

Nutrition Facts

PROTEIN **11.7%** FAT **22.08%** CARBS **66.22%**

Properties

Glycemic Index:37.02, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:13.055217452671%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 265.24kcal (13.26%), Fat: 6.66g (10.24%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 42.66g (15.51%), Sugar: 41.64g (46.27%), Cholesterol: 107.64mg (35.88%), Sodium: 233.95mg (10.17%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 7.94g (15.87%), Vitamin C: 63.82mg (77.36%), Manganese: 0.46mg (22.79%), Phosphorus: 200.17mg (20.02%), Calcium: 199.33mg (19.93%), Vitamin B2: 0.31mg (18.38%), Selenium: 10.72µg (15.31%), Vitamin B12: 0.88µg (14.69%), Vitamin D: 1.84µg (12.28%), Potassium: 414.76mg (11.85%), Vitamin B5: 1mg (10.01%), Folate: 38.99µg (9.75%), Fiber: 2.24g (8.96%), Vitamin B6: 0.18mg (8.84%), Magnesium: 34.27mg (8.57%), Vitamin A: 388.08IU (7.76%), Vitamin B1: 0.11mg (7.01%), Zinc: 0.99mg (6.62%), Iron: 1.07mg (5.95%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.24%), Vitamin B3: 0.61mg (3.03%), Vitamin K: 2.82µg (2.68%)