



Creme de Vie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 egg yolks
- 1 cup rum
- 1 cup sugar
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 1 cup water

Equipment

- sauce pan

blender

Directions

- In a saucepan, combine water and sugar. Bring to a boil and cook for 3 minutes.
- Place egg yolks in a blender and process on high speed. Slowly pour in the hot sugar water while blending (pouring too fast might curdle the yolks.)
- Add condensed milk, rum and vanilla. Blend until smooth. Chill in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:33.92, Inflammation Score:-2, Nutrition Score:6.0691304025443%

Nutrients (% of daily need)

Calories: 369.71kcal (18.49%), Fat: 7.97g (12.27%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 52.44g (19.07%), Sugar: 52.08g (57.86%), Cholesterol: 162.67mg (54.22%), Sodium: 71.56mg (3.11%), Alcohol: 10.19g (100%), Alcohol %: 8.72% (100%), Protein: 6.07g (12.14%), Selenium: 15.05µg (21.5%), Phosphorus: 179.4mg (17.94%), Vitamin B2: 0.28mg (16.71%), Calcium: 159.5mg (15.95%), Vitamin B12: 0.48µg (8.03%), Vitamin B5: 0.78mg (7.76%), Vitamin A: 327.13IU (6.54%), Folate: 25.17µg (6.29%), Potassium: 200.61mg (5.73%), Vitamin D: 0.83µg (5.52%), Zinc: 0.79mg (5.3%), Vitamin B1: 0.07mg (4.68%), Vitamin B6: 0.07mg (3.65%), Magnesium: 13.93mg (3.48%), Vitamin E: 0.43mg (2.85%), Iron: 0.49mg (2.71%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.55%)