



Crème Fraiche Coconut Bavarians

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



411 kcal

SIDE DISH

Ingredients

- 5.5 tbsp gelatin powder
- 4 tbsp coconut milk
- 14 oz condensed milk sweetened canned
- 1 cup coconut milk
- 0.5 cup sugar
- 4 egg yolk
- 1 pkg crème fraîche
- 7 oz coconut or shredded toasted (if you prefer)

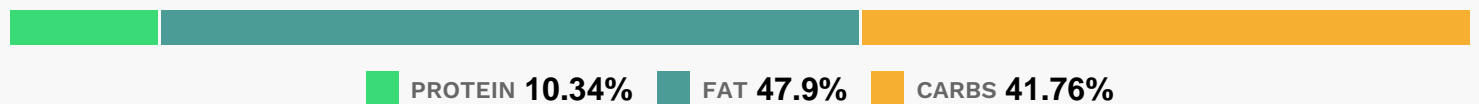
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine gelatin with 4 Tbsp. coconut milk to bloom.
- Bring condensed milk and remaining coconut milk to a simmer in a saucepan over medium-high heat.
- Whisk sugar and egg yolks well.
- Add a small amount of heated liquid to the egg yolk mixture to temper and continue whisking.
- Slowly pour egg yolk mixture back into heated liquid and heat until mixture coats the back of a spoon while continually stirring 5-7 minutes.
- Remove from heat and add gelatin.
- Pour entire mixture into a bowl and refrigerate until mixture begins to gel.
- In a separate bowl whip Alouette Cuisine Crme Fraiche to a soft peak.
- When refrigerated mixture begins to gel, fold together with the whipped Alouette Cuisine Crme Fraiche and immediately pour into your desired molds.
- Refrigerate overnight.
- To serve, remove from mold and cover the Bavarians with the shredded coconut.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:26.32, Inflammation Score:-2, Nutrition Score:9.8108695652174%

Taste

Sweetness: 100%, Saltiness: 7.13%, Sourness: 8.05%, Bitterness: 0.43%, Savoriness: 7.2%, Fattiness: 34.72%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 410.97kcal (20.55%), Fat: 22.71g (34.93%), Saturated Fat: 17.73g (110.8%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 42.31g (15.39%), Sugar: 41.06g (45.63%), Cholesterol: 114.14mg (38.05%), Sodium: 86.53mg (3.76%), Protein: 11.03g (22.05%), Manganese: 0.66mg (33.01%), Selenium: 16.87µg (24.1%), Phosphorus: 224.94mg (22.49%), Calcium: 165.31mg (16.53%), Vitamin B2: 0.27mg (16.03%), Copper: 0.31mg (15.34%), Iron: 2.18mg (12.12%), Potassium: 362mg (10.34%), Magnesium: 38.8mg (9.7%), Fiber: 2.23g (8.93%), Folate: 31.5µg (7.88%), Vitamin B5: 0.78mg (7.77%), Zinc: 1.15mg (7.7%), Vitamin B12: 0.39µg (6.57%), Vitamin B1: 0.09mg (5.73%), Vitamin A: 263.02IU (5.26%), Vitamin B6: 0.08mg (4.03%), Vitamin D: 0.59µg (3.9%), Vitamin C: 2.47mg (2.99%), Vitamin E: 0.37mg (2.48%), Vitamin B3: 0.47mg (2.36%)