



WHATSheATE

CHOCOLATE

Drambuie-Flavored Crème Anglaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 4 egg yolk
- ☐ 3 tablespoons granulated sugar
- ☐ 2 cups cup heavy whipping cream
- ☐ 1.5 tablespoons cream sour
- ☐ 1 vanilla pod split

Equipment

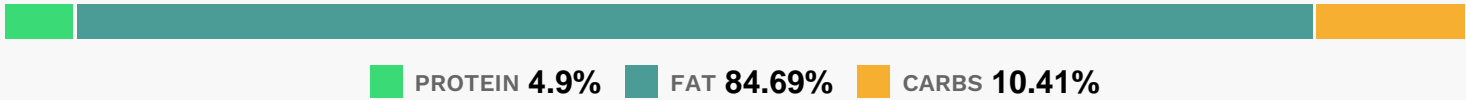
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ In a medium bowl, whisk together the egg yolks and sugar until very pale yellow and smooth.
- ☐ In a medium saucepan, bring to a boil the heavy cream, sour cream, and vanilla bean with its scrapings.
- ☐ Whisk about half this mixture into the egg yolk mixture until well combined, then pour back into the saucepan. Over medium heat, stirring constantly with a wooden spoon, cook until the mixture coats the back of the spoon. (It is very important to stir constantly. Do not overcook; cooking too long will result in scrambled eggs.)
- ☐ Pour through a fine-mesh strainer into a clean bowl and immediately set the bowl over a larger bowl filled with ice cubes and cold water until chilled, stirring occasionally, about 30 minutes. Stir in the liqueur. Refrigerate, covered, until needed.
- ☐ Through step 3, the crème anglaise can be made up to 3 days ahead.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:2.51, Inflammation Score:-4, Nutrition Score:3.3195651912171%

Nutrients (% of daily need)

Calories: 203.62kcal (10.18%), Fat: 19.53g (30.04%), Saturated Fat: 11.82g (73.86%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.4g (1.97%), Sugar: 5.08g (5.65%), Cholesterol: 132.61mg (44.2%), Sodium: 16.9mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin A: 814.76IU (16.3%), Selenium: 5.55µg (7.93%), Vitamin B2: 0.13mg (7.72%), Vitamin D: 1.15µg (7.67%), Phosphorus: 57.06mg (5.71%), Calcium: 42.56mg (4.26%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.22µg (3.67%), Vitamin B5: 0.34mg (3.43%), Folate: 12.52µg (3.13%), Vitamin B6: 0.04mg (2.13%), Zinc: 0.29mg (1.91%), Potassium: 55.39mg (1.58%), Vitamin K: 1.6µg (1.52%), Vitamin B1: 0.02mg (1.5%), Iron: 0.25mg (1.37%)