



Hawaiian Vanilla Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



197 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 large eggs
- ☐ 0.3 cup passion fruit juice blend fresh
- ☐ 1 cup sugar
- ☐ 0.3 hawaiian vanilla bean

Equipment

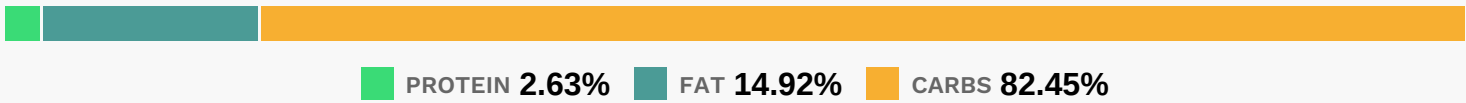
- ☐ bowl
- ☐ sauce pan

☐ whisk

Directions

- ☐ Combine egg and sugar in a bowl, whisking until smooth. Split vanilla bean pod in half lengthwise, and scrape seeds into egg mixture.
- ☐ Whisk in juice blend.
- ☐ Melt butter in a heavy saucepan over medium heat. Stir in egg mixture, whisking constantly. Bring to a simmer; cook 6 minutes or until thickened, whisking constantly. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:27.93, Inflammation Score:-1, Nutrition Score:1.7169565130835%

Nutrients (% of daily need)

Calories: 197.36kcal (9.87%), Fat: 3.4g (5.22%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 42.18g (15.34%), Sugar: 42.17g (46.85%), Cholesterol: 43.22mg (14.41%), Sodium: 33.59mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 4.91mg (5.95%), Vitamin A: 242.04IU (4.84%), Selenium: 3.35µg (4.79%), Vitamin B2: 0.08mg (4.46%), Phosphorus: 22.61mg (2.26%), Potassium: 61.05mg (1.74%), Vitamin B12: 0.09µg (1.56%), Vitamin B5: 0.16mg (1.56%), Folate: 5.94µg (1.48%), Vitamin D: 0.2µg (1.33%), Iron: 0.24mg (1.31%), Vitamin B6: 0.03mg (1.27%), Vitamin B3: 0.25mg (1.25%), Vitamin E: 0.17mg (1.14%), Magnesium: 4.06mg (1.01%)