



Homemade Vanilla Extract

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



2461 kcal

BEVERAGE

DRINK

Ingredients

- 10 vanilla beans split
- 1 liter vodka

Equipment

Directions

- Place the vanilla beans in the bottle of vodka and seal. Store in a cool, dark area such as a kitchen cabinet for 3 weeks, shaking the bottle every week. Three weeks is the minimum, store it 6 months for the best flavor. After using, replace with more vodka. The same beans

will continue to flavor the vanilla for up to a year.

Nutrition Facts

PROTEIN 0% **FAT 57.45%** **CARBS 42.55%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:0.80652175131051%

Nutrients (% of daily need)

Calories: 2460.81kcal (123.04%), Fat: 7.5g (11.54%), Saturated Fat: 0g (0%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 12.5g (4.55%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 10.14mg (0.44%), Alcohol: 338.82g (100%), Alcohol %: 40.34% (100%), Protein: 0g (0%), Phosphorus: 50.72mg (5.07%), Copper: 0.1mg (5.07%), Vitamin B2: 0.07mg (4.18%), Vitamin B1: 0.05mg (3.38%)