



Honey Creme Anglaise

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 3 egg yolk
- ☐ 2 cups half and half
- ☐ 2 tablespoons honey
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

Equipment

- ☐ sauce pan

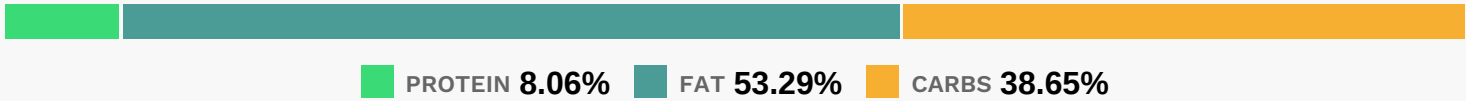
☐

whisk

Directions

- ☐ Whisk together half-and-half, sugar, cornstarch, honey, salt, and egg yolks in a heavy 3-qt. saucepan. Bring to a boil over medium heat, whisking constantly. Boil, whisking constantly, 1 minute.
- ☐ Remove from heat.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:2.4730434623425%

Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 7.01g (10.79%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 11.43g (4.16%), Sugar: 10.47g (11.63%), Cholesterol: 75.26mg (25.09%), Sodium: 61.47mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin B2: 0.13mg (7.35%), Phosphorus: 67.31mg (6.73%), Selenium: 4.66µg (6.66%), Calcium: 59.09mg (5.91%), Vitamin A: 249.2IU (4.98%), Vitamin B12: 0.2µg (3.29%), Vitamin B5: 0.3mg (3.04%), Folate: 9.42µg (2.35%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.32mg (2.16%), Potassium: 72.09mg (2.06%), Vitamin D: 0.29µg (1.94%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.02mg (1.6%), Magnesium: 5.22mg (1.3%), Iron: 0.2mg (1.09%)