



La Boulange's Floating Islands



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 4 servings mrs richardson's butterscotch caramel sauce
- ☐ 4 servings creme de cassis
- ☐ 8 egg whites
- ☐ 2 egg yolk
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 cup milk

- ☐ 1 teaspoon salt
- ☐ 2.5 tablespoons sugar
- ☐ 0.5 tablespoon butter unsalted
- ☐ 0.5 vanilla pod
- ☐ 0.5 teaspoon vanilla extract

Equipment

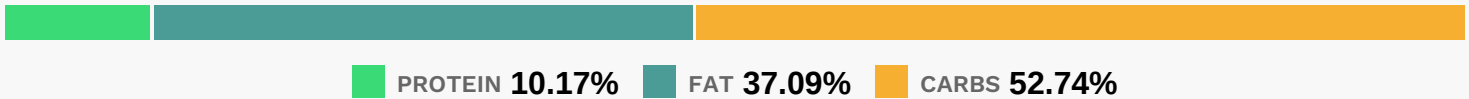
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Combine the milk and cream in a microwave-safe bowl.
- ☐ Whisk to blend, and heat for 2 minutes at high power in the microwave.
- ☐ Add the sugar to the hot milk and cream mixture.
- ☐ Add the egg yolks and vanilla and whisk well.
- ☐ Microwave for 1 minute longer, whisk again. Set aside to cool. (You can store the creme anglaise, covered, in the refrigerator for up to 3 days or in the freezer for up to 2 months.)
- ☐ Make the Caramel Sauce: In a small saucepan over medium-high heat, bring the cream, vanilla bean, butter and salt to a boil. Reduce the heat to low and keep warm while you caramelize the sugar. In a large saucepan, heat the sugar over low heat. Cook, stirring, until the sugar is completely dissolved and turns golden brown.
- ☐ Add the cream mixture to the sugar, a little at a time, stirring constantly.
- ☐ Remove from the heat and continue to stir until you have a smooth, creamy sauce. It will keep, covered, in the refrigerator for up to 1 week.
- ☐ Assemble the floating islands: Gather your ingredients.

- ☐
- In a large skillet over medium heat, toast the almonds until browned and fragrant, 2 to 3 minutes.
- ☐
- Transfer to a bowl and let cool.
- ☐
- In a large bowl, beat the egg white and salt with an electric mixer on high speed until soft peaks form.
- ☐
- Add the sugar and beat for about 1 minute more.
- ☐
- Line a large plate with parchment paper. Spoon four generous mounds of the beaten egg white onto the plate. Microwave, uncovered, for 30–45 seconds on high power.
- ☐
- Pour enough crème anglaise into a bowl to float an island in the crème and drizzle with caramel.
- ☐
- Sprinkle with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:23.28, Inflammation Score:-4, Nutrition Score:8.0630434686723%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 440.41kcal (22.02%), Fat: 18.69g (28.75%), Saturated Fat: 9.39g (58.67%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 59.08g (21.48%), Sugar: 58.49g (64.99%), Cholesterol: 138.24mg (46.08%), Sodium: 842.05mg (36.61%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 11.53g (23.07%), Vitamin B2: 0.48mg (28.34%), Selenium: 19.48µg (27.83%), Vitamin A: 696.3IU (13.93%), Vitamin E: 2.05mg (13.69%), Phosphorus: 135.87mg (13.59%), Calcium: 109.24mg (10.92%), Vitamin D: 1.32µg (8.82%), Vitamin B12: 0.52µg (8.61%), Manganese: 0.17mg (8.43%), Magnesium: 30.44mg (7.61%), Potassium: 252.11mg (7.2%), Vitamin B5: 0.67mg (6.65%), Folate: 20.11µg (5.03%), Copper: 0.09mg (4.35%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.07mg (3.58%), Vitamin B1: 0.05mg (3.55%), Iron: 0.56mg (3.11%), Fiber: 0.72g (2.88%), Vitamin B3: 0.33mg (1.64%), Vitamin K: 1.23µg (1.17%)