



Maple Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



32 kcal

SIDE DISH

Ingredients

- ☐ 2 large egg yolks lightly beaten
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.3 cup maple syrup

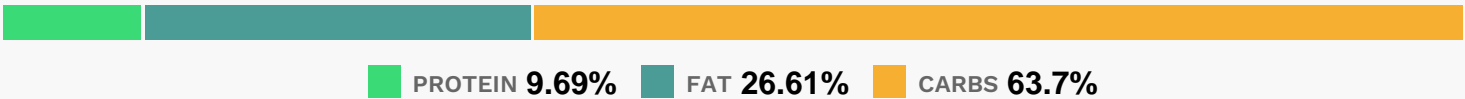
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine milk and syrup in a saucepan. Cook over medium heat until milk begins to steam.
- ☐ Gradually add one-fourth of hot milk mixture to egg yolk.
- ☐ Add egg yolk mixture to pan. Cook over medium heat, stirring constantly, until mixture begins to thicken.
- ☐ Pour into a bowl. Cover and chill (mixture will thicken as it cools).

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.4513043448653%

Nutrients (% of daily need)

Calories: 32.15kcal (1.61%), Fat: 0.95g (1.45%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.53g (5.04%), Cholesterol: 31.39mg (10.46%), Sodium: 6.59mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Manganese: 0.16mg (7.86%), Vitamin B2: 0.12mg (6.96%), Selenium: 1.83µg (2.62%), Calcium: 22.77mg (2.28%), Phosphorus: 20.1mg (2.01%), Vitamin B12: 0.11µg (1.79%), Vitamin B5: 0.12mg (1.2%), Folate: 4.63µg (1.16%), Zinc: 0.16mg (1.06%), Vitamin A: 50.89IU (1.02%), Vitamin D: 0.15µg (1.02%)