



WHATSheATE



Maple Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SAUCE

Ingredients



6 large egg yolks



1.5 cups half-and-half



0.3 cup maple-flavored pancake syrup



0.5 teaspoon vanilla extract

Equipment



whisk

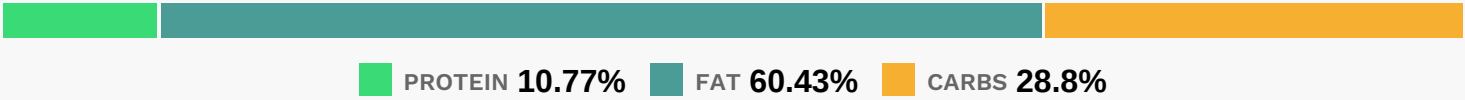


double boiler

Directions

- ☐ Combine egg yolks and syrup in top of a double boiler, stirring well with a wire whisk. Gradually stir in half-and-half. Bring water to a boil. Reduce heat to low; cook, stirring constantly, until mixture thickens and coats back of a spoon.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:4.6352173763773%

Nutrients (% of daily need)

Calories: 128.38kcal (6.42%), Fat: 8.6g (13.23%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 9.22g (3.35%), Sugar: 8.01g (8.9%), Cholesterol: 153.58mg (51.19%), Sodium: 34.73mg (1.51%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 3.45g (6.9%), Vitamin B2: 0.28mg (16.67%), Selenium: 8.59µg (12.27%), Manganese: 0.24mg (11.97%), Phosphorus: 92.85mg (9.28%), Calcium: 75.99mg (7.6%), Vitamin A: 344.48IU (6.89%), Vitamin B12: 0.33µg (5.58%), Vitamin B5: 0.51mg (5.12%), Folate: 19.98µg (4.99%), Vitamin D: 0.69µg (4.59%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.37%), Vitamin E: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.85%), Potassium: 96.8mg (2.77%), Iron: 0.38mg (2.12%), Magnesium: 7.32mg (1.83%)