



Nanci Courtney's Crémé Anglaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 4 egg yolk
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups whipping cream

Equipment

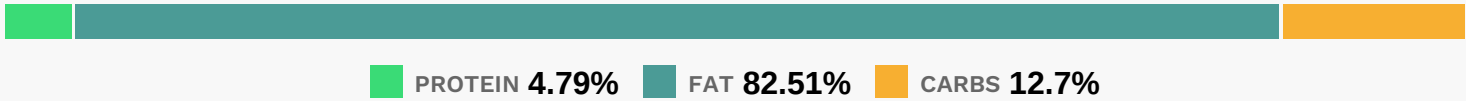
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ whisk

Directions

- ☐ Heat whipping cream in a heavy saucepan over medium heat until hot.
- ☐ Whisk together yolks and sugar in a heavy saucepan until blended.
- ☐ Add hot whipping cream in a slow, steady stream, whisking constantly.
- ☐ Cook mixture over medium heat, stirring constantly, until thick enough to coat a spoon (do not boil).
- ☐ Remove from heat. Immediately place pan in a bowl of ice, and let stand, stirring constantly, until cool. Stir in vanilla. Chill until ready to serve or up to 2 days.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:3.2673912884101%

Nutrients (% of daily need)

Calories: 204.85kcal (10.24%), Fat: 19.11g (29.4%), Saturated Fat: 11.64g (72.72%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.62g (2.41%), Sugar: 6.45g (7.16%), Cholesterol: 131.55mg (43.85%), Sodium: 16.38mg (0.71%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Protein: 2.5g (4.99%), Vitamin A: 803.54IU (16.07%), Selenium: 5.49µg (7.84%), Vitamin D: 1.15µg (7.67%), Vitamin B2: 0.13mg (7.57%), Phosphorus: 55.7mg (5.57%), Vitamin E: 0.62mg (4.16%), Calcium: 40.78mg (4.08%), Vitamin B12: 0.22µg (3.61%), Vitamin B5: 0.34mg (3.37%), Folate: 12.42µg (3.1%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.28mg (1.87%), Potassium: 53.46mg (1.53%), Vitamin K: 1.57µg (1.5%), Vitamin B1: 0.02mg (1.48%), Iron: 0.25mg (1.37%)