

Orange Cream



Vegetarian



Gluten Free

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READY IN

ready

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85 min.

SERVINGS

servings

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8

CALORIES

calories

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140 kcal

SIDE DISH

Ingredients



2 tablespoons cornstarch sifted



5 extra large egg yolks at room temperature



0.5 teaspoon grand marnier liqueur



1 tablespoon heavy cream



1.5 cups milk



1 teaspoon orange zest grated 1 orange



0.5 cup sugar



1 tablespoon butter unsalted

☐ 0.5 teaspoon vanilla extract pure

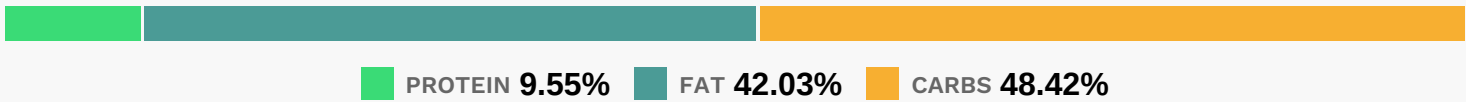
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Combine the milk and orange zest in a medium stainless-steel saucepan over medium heat and bring almost to a boil.
- ☐ Remove from the heat.
- ☐ Beat the egg yolks and sugar on medium-high speed in the bowl of an electric mixer fitted with the paddle attachment until pale and thick, about 5 minutes. With the mixer on low speed, sprinkle on the cornstarch. Beat on medium-low speed until combined, scraping down the bowl with a rubber spatula.
- ☐ With the mixer on low speed, slowly pour the hot milk mixture into the egg mixture.
- ☐ Pour the mixture back into the pan. Cook over low heat, stirring constantly, until the mixture thickens, 5 to 7 minutes. (Pay attention because it will thicken and then quickly become orange scrambled eggs!)
- ☐ Immediately, pour the mixture through a fine sieve into a large bowl. Stir in the vanilla, Grand Marnier, butter, and heavy cream.
- ☐ Place plastic wrap directly on the custard and refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.54, Inflammation Score:-1, Nutrition Score:3.7391304308953%

Nutrients (% of daily need)

Calories: 140.27kcal (7.01%), Fat: 6.58g (10.13%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 17.02g (6.19%), Sugar: 14.93g (16.59%), Cholesterol: 132.87mg (44.29%), Sodium: 23.84mg (1.04%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.37g (6.73%), Selenium: 7.38µg (10.54%), Phosphorus: 91.94mg (9.19%), Vitamin B12: 0.47µg (7.87%), Vitamin D: 1.17µg (7.78%), Vitamin B2: 0.13mg (7.62%), Calcium: 73.04mg (7.3%), Vitamin A: 308.68IU (6.17%), Vitamin B5: 0.51mg (5.15%), Folate: 16.63µg (4.16%), Vitamin B6: 0.07mg (3.42%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.46mg (3.04%), Vitamin E: 0.37mg (2.48%), Potassium: 84.39mg (2.41%), Iron: 0.33mg (1.82%), Magnesium: 6.37mg (1.59%)