



Sweet Creme de Vie

 Vegetarian  Gluten Free

READY IN



385 min.

SERVINGS



20

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon anise seeds
- 4 egg yolks
- 12 ounce evaporated milk canned
- 750 milliliter proof rum bacardi® (such as)
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract
- 1 cup water
- 1.5 cups sugar white

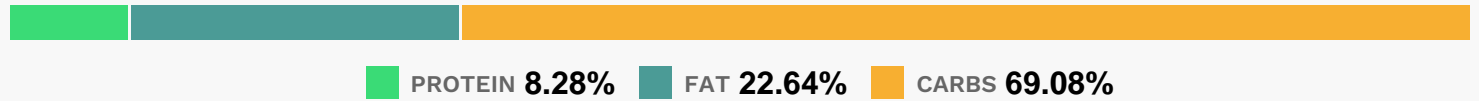
Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring water, sugar, and anise seeds to a boil in a saucepan; lower heat to medium-low. Simmer until thick and syrupy, about 10 more minutes.
- Remove from heat and pour through a strainer to separate the seeds out; set syrup aside to cool slightly.
- Beat eggs yolks in a large bowl until light yellow; add rum, condensed milk, evaporated milk, and vanilla extract. Stir in syrup mixture until mixture is smooth.
- Pour into decorative bottles and seal tightly. Refrigerate for at least 6 hours before drinking, the longer the better.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:17.06, Inflammation Score:-2, Nutrition Score:3.0552173896652%

Nutrients (% of daily need)

Calories: 245.37kcal (12.27%), Fat: 4.03g (6.2%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 27.66g (10.06%), Sugar: 27.54g (30.6%), Cholesterol: 50.56mg (16.85%), Sodium: 46.13mg (2.01%), Alcohol: 12.84g (100%), Alcohol %: 15.38% (100%), Protein: 3.32g (6.64%), Calcium: 106.59mg (10.66%), Phosphorus: 100.76mg (10.08%), Vitamin B2: 0.16mg (9.43%), Selenium: 5.44µg (7.77%), Potassium: 132.18mg (3.78%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.18µg (3.08%), Vitamin A: 145.86IU (2.92%), Zinc: 0.42mg (2.83%), Magnesium: 9.76mg (2.44%), Vitamin B1: 0.03mg (2.32%), Folate: 8.81µg (2.2%), Vitamin D: 0.25µg (1.67%), Vitamin B6: 0.03mg (1.62%), Iron: 0.23mg (1.27%), Vitamin C: 0.86mg (1.04%), Copper: 0.02mg (1.03%), Vitamin E: 0.15mg (1.01%)