



## Vanilla Crème Anglaise



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



220 kcal

SIDE DISH

### Ingredients

- ☐ 2 large egg yolks
- ☐ 0.3 cup milk
- ☐ 2 tablespoons sugar
- ☐ 0.5 vanilla pod split (3- to 4-in. piece)
- ☐ 0.5 cup whipping cream

### Equipment

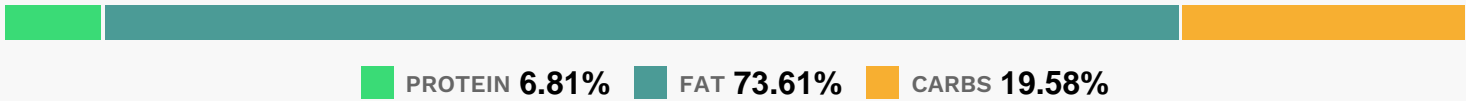
- ☐ bowl
- ☐ frying pan

- ☐ knife
- ☐ whisk
- ☐ double boiler

## Directions

- ☐ In the top of a double boiler, combine whipping cream, milk, and vanilla bean. Set pan directly over medium heat and stir frequently until bubbles form at rim, about 2 1/2 minutes. Lift out vanilla bean and, with a knife, scrape tiny black seeds free and add to hot cream mixture.
- ☐ In a bowl, mix yolks with sugar to blend.
- ☐ Whisk about 1/3 of the hot cream mixture into bowl, then return egg mixture to pan.
- ☐ Set pan over barely simmering water and stir until custard coats the back of a metal spoon in a velvety layer, 3 to 4 minutes.
- ☐ Remove sauce from heat and serve. Or nest pan in ice water, stir to cool custard quickly, about 3 minutes, and serve cold.

## Nutrition Facts



## Properties

Glycemic Index:36.03, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:4.5686956346035%

## Nutrients (% of daily need)

Calories: 220.38kcal (11.02%), Fat: 18.34g (28.22%), Saturated Fat: 10.71g (66.94%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.98g (3.99%), Sugar: 10.51g (11.68%), Cholesterol: 170.48mg (56.83%), Sodium: 26.53mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 790.45IU (15.81%), Selenium: 8.1µg (11.57%), Vitamin D: 1.54µg (10.3%), Vitamin B2: 0.17mg (10.2%), Phosphorus: 94.59mg (9.46%), Calcium: 74.23mg (7.42%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.54mg (5.41%), Folate: 18.13µg (4.53%), Vitamin E: 0.67mg (4.47%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.87%), Potassium: 90.86mg (2.6%), Iron: 0.35mg (1.96%), Magnesium: 6.6mg (1.65%), Vitamin K: 1.43µg (1.36%)