



## Vanilla Custard Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



153 kcal

DESSERT

### Ingredients

- ☐ 6 large egg yolk
- ☐ 1.5 cups half and half
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split

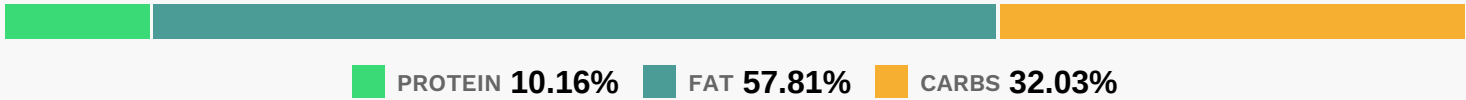
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Place half and half in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Remove from heat, cover, and let steep 30 minutes.
- ☐ Whisk yolks and sugar in medium bowl until thick. Gradually whisk half and half with vanilla bean into yolk mixture. Return mixture to same saucepan. Stir custard over low heat until thickened enough to leave path on back of spoon when finger is drawn across, about 6 minutes (do not boil).
- ☐ Pour into bowl. Chill uncovered until cold, at least 2 hours. DO AHEAD: Can be made 1 day ahead. Cover; chill. Discard vanilla bean before using.

## Nutrition Facts



## Properties

Glycemic Index:10.01, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:4.195652158364%

## Nutrients (% of daily need)

Calories: 153.2kcal (7.66%), Fat: 9.96g (15.33%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 12.42g (4.52%), Sugar: 11.73g (13.03%), Cholesterol: 175.52mg (58.51%), Sodium: 38.72mg (1.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Selenium: 9.88µg (14.11%), Phosphorus: 106.09mg (10.61%), Vitamin B2: 0.18mg (10.55%), Vitamin A: 393.69IU (7.87%), Calcium: 74.38mg (7.44%), Vitamin B12: 0.38µg (6.38%), Vitamin B5: 0.59mg (5.86%), Folate: 22.83µg (5.71%), Vitamin D: 0.79µg (5.25%), Vitamin B6: 0.08mg (3.85%), Zinc: 0.54mg (3.59%), Vitamin E: 0.51mg (3.37%), Vitamin B1: 0.04mg (2.75%), Potassium: 84.52mg (2.41%), Iron: 0.43mg (2.38%), Magnesium: 5.91mg (1.48%)