



Vanilla Extract

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 vanilla pod
- 1 cup bourbon

Equipment

- knife

Directions

- Using a paring knife, make an incision in 1 of the vanilla beans starting 1 inch from the end and continuing lengthwise through the remainder of the bean. Repeat with the remaining 2 beans.
- Place the vanilla beans in a 1-pint glass jar with a tightfitting lid.
- Add the vodka, rum, or bourbon and push the beans down until they are completely submerged. Seal the jar and store it in a cool, dark place for at least 1 month, shaking it once a week. The vanilla flavor will intensify the longer the beans remain in the infusion. Store the extract for up to 1 year. As you use it up, top the jar off with enough liquor to keep the beans submerged, replacing the vanilla beans as they start to lose their flavor (about every 3 to 6 months).

Nutrition Facts

 PROTEIN 0%  FAT 57.45%  CARBS 42.55%

Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.094782608520725%

Nutrients (% of daily need)

Calories: 147.41kcal (7.37%), Fat: 0.56g (0.87%), Saturated Fat: 0g (0%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 0.6mg (0.03%), Alcohol: 20.04g (100%), Alcohol %: 39.84% (100%), Protein: 0g (0%)