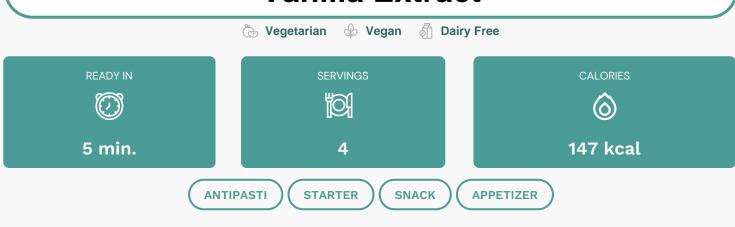


Vanilla Extract



Ingredients

3 vanilla pod

1 cup bourbon

Equipment

knife

Directions

Nutrition Facts
months).
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
week. The vanilla flavor will intensify the longer the beans remain in the infusion. Store the
submerged. Seal the jar and store it in a cool, dark place for at least 1 month, shaking it once a
Add the vodka, rum, or bourbon and push the beans down until they are completely
Place the vanilla beans in a 1-pint glass jar with a tightfitting lid.
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.

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: Og (0%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.94g (0.34%), Sugar: Og (0%), Cholesterol: Omg (0%), Sodium: 0.6mg (0.03%), Alcohol: 20.04g (100%), Alcohol %: 39.84% (100%), Protein: Og (0%)