

Vanilla Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SAUCE

Ingredients

- ☐ 4 egg yolk
- ☐ 2.3 ounces granulated sugar
- ☐ 2 tablespoons rum
- ☐ 0.1 teaspoon sea salt fine
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup milk whole

Equipment

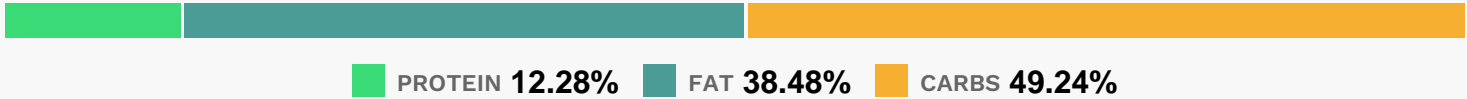
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Heat the milk in a 2-quart saucepan over medium-low heat just until warm. In a bowl, whisk together the yolks, sugar, and salt until slightly thickened and lighter in color. Slowly pour half of the warm milk into the yolkmixture, whisking continuously. Next, pour the yolk mixture back into the saucepan and cook over medium heat, stirring constantly, until the mixture thickens and thickly coats the back of a spoon. Set a bowl over an ice bath, then strain the custard through a fine-mesh sieve set over the bowl.
- ☐ Add the vanilla and stir until cool. Stir in liquor to taste, then refrigerate for about 2 hours, until completely chilled, before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Baker & Spice, evolved from her involvement in the Portland and Hillsdale farmers' markets. She lives in Portland, Oregon.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:8.14, Inflammation Score:-1, Nutrition Score:3.5221739702899%

Nutrients (% of daily need)

Calories: 117.44kcal (5.87%), Fat: 4.52g (6.95%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 13g (4.73%), Sugar: 12.72g (14.13%), Cholesterol: 134.48mg (44.83%), Sodium: 69.88mg (3.04%), Alcohol: 1.9g (100%), Alcohol %: 3.48% (100%), Protein: 3.24g (6.48%), Selenium: 7.56µg (10.8%), Phosphorus: 88.11mg (8.81%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 1.1µg (7.3%), Vitamin B2: 0.12mg (7.2%), Calcium: 65.71mg (6.57%), Vitamin B5: 0.51mg (5.11%), Vitamin A: 238.92IU (4.78%), Folate: 17.52µg (4.38%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.45mg (2.98%), Vitamin B1: 0.04mg (2.95%), Vitamin E: 0.33mg (2.2%), Potassium: 75.39mg (2.15%), Iron: 0.34mg (1.87%), Magnesium: 5.56mg (1.39%)