



Blackberry zabaglione



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g blackberries
- ☐ 140 g brown sugar
- ☐ 6 egg yolk
- ☐ 1 vanilla pod
- ☐ 3 tbsp plum brandy sweet

Equipment

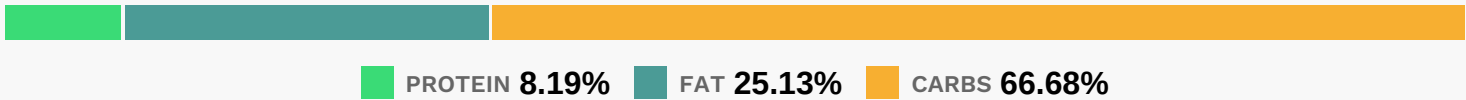
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a bowl, lightly crush the berries with 25g of the sugar.
- ☐ Add a spoonful to the bottom of 6 small glasses, then set the rest of the berry mixture aside.
- ☐ Bring some water to a gentle simmer in a medium-size saucepan and tip the egg yolks into a large heatproof bowl. Halve and scrape the seeds from the vanilla pod into the egg yolks and add the remaining sugar. Using an electric whisk, beat until light and airy. Splash in the Marsala, place the bowl over the pan of simmering water, then whisk your heart out for 10–12 mins until the egg yolks are thick and foamy and the whisk leaves a defined trail.
- ☐ Drain off some of the juice, then ripple the remaining berries through the mousse and spoon into the glasses.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:8.1778260002966%

Flavonoids

Cyanidin: 66.63mg, Cyanidin: 66.63mg, Cyanidin: 66.63mg, Cyanidin: 66.63mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 25.45mg, Catechin: 25.45mg, Catechin: 25.45mg, Catechin: 25.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 189.25kcal (9.46%), Fat: 5.22g (8.03%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 27.65g (10.05%), Sugar: 26.57g (29.52%), Cholesterol: 194.4mg (64.8%), Sodium: 16.51mg (0.72%),

Alcohol: 1.15g (100%), Alcohol %: 1.25% (100%), Protein: 3.83g (7.66%), Manganese: 0.46mg (23.22%), Vitamin C: 14mg (16.97%), Selenium: 10.66µg (15.23%), Fiber: 3.53g (14.13%), Vitamin K: 13.33µg (12.69%), Folate: 43.18µg (10.8%), Phosphorus: 86.47mg (8.65%), Vitamin E: 1.24mg (8.3%), Vitamin A: 402.23IU (8.04%), Vitamin B5: 0.76mg (7.55%), Copper: 0.14mg (6.91%), Vitamin B2: 0.11mg (6.69%), Vitamin D: 0.97µg (6.48%), Calcium: 62.52mg (6.25%), Iron: 1.09mg (6.05%), Vitamin B12: 0.35µg (5.85%), Zinc: 0.78mg (5.2%), Potassium: 165.55mg (4.73%), Vitamin B6: 0.09mg (4.63%), Magnesium: 17.01mg (4.25%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.48mg (2.38%)