

Cantaloupe Grappa Semifreddo



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 2.5 cups cantaloupe peeled chopped
- ☐ 5 large egg yolks
- ☐ 0.3 cup grappa (preferably grappa di Moscato d'Asti)
- ☐ 0.8 teaspoon grenadine syrup (for color; optional)
- ☐ 0.8 cup heavy cream
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar divided

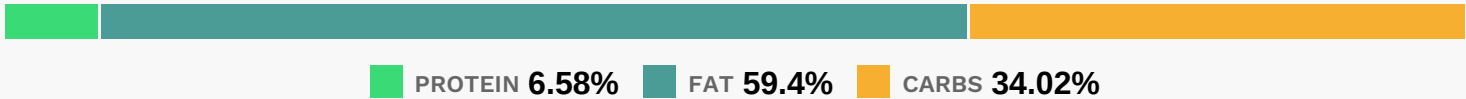
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Line loaf pan with plastic wrap, leaving an overhang at each end. Purée melon with 1/3 cup sugar, grappa, grenadine (if using), and salt in a blender until smooth.
- ☐ Transfer to large metal bowl and stir in yolks. Set bowl over a saucepan of simmering water and beat with mixer until pale, thick, and tripled in volume and registers 170°F on an instant-read thermometer, about 8 minutes.
- ☐ Remove bowl from saucepan and set in a large ice bath. Continue to beat until cold, about 6 minutes.
- ☐ Beat cream with remaining 2 tablespoons sugar in other large bowl using cleaned beaters until it just holds soft peaks. Fold whipped cream into cantaloupe mixture gently but thoroughly.
- ☐ Pour mixture into pan and freeze, loosely covered with plastic wrap, until firm, at least 5 hours.Uncover top and invert semifreddo onto a plate.
- ☐ semifreddo keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:8.68, Inflammation Score:-8, Nutrition Score:5.58739124692%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Nutrients (% of daily need)

Calories: 166.73kcal (8.34%), Fat: 10.99g (16.9%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.76g (5%), Sugar: 13.23g (14.7%), Cholesterol: 139.96mg (46.65%), Sodium: 62.7mg (2.73%), Alcohol: 0.65g (100%), Alcohol %: 0.83% (100%), Protein: 2.74g (5.48%), Vitamin A: 2172.21IU (43.44%), Selenium: 7.52µg (10.75%), Vitamin C: 5.58mg (6.77%), Vitamin B2: 0.11mg (6.66%), Phosphorus: 62.9mg (6.29%), Vitamin D: 0.93µg (6.21%), Folate: 23.41µg (5.85%), Vitamin B5: 0.43mg (4.27%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.52mg (3.46%), Vitamin E: 0.5mg (3.36%), Calcium: 33.07mg (3.31%), Vitamin B6: 0.06mg (3.25%), Potassium: 111.61mg (3.19%), Vitamin B1: 0.05mg (3.18%), Iron: 0.51mg (2.82%), Copper: 0.05mg (2.69%), Magnesium: 8.62mg (2.15%), Vitamin K: 2.14µg (2.04%), Vitamin B3: 0.36mg (1.82%), Fiber: 0.4g (1.6%), Manganese: 0.03mg (1.35%)