



Champagne Sabayon



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



11

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients



1.5 cups champagne



8 egg yolks



1 pint raspberries fresh



0.7 cup sugar

Equipment



sauce pan

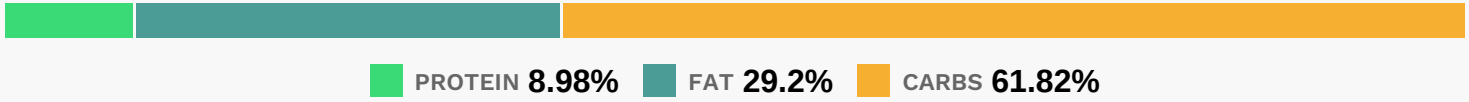


whisk

Directions

- ☐ Whisk together egg yolks and sugar in a heavy saucepan over low heat until blended.
- ☐ Whisk in champagne; cook, whisking constantly, 10 minutes or until mixture reaches 160 and is thickened. Chill, if desired.
- ☐ Spoon champagne mixture over fresh berries.

Nutrition Facts



Properties

Glycemic Index:8.74, Glycemic Load:9.07, Inflammation Score:-3, Nutrition Score:5.3795652182206%

Flavonoids

Cyanidin: 19.69mg, Cyanidin: 19.69mg, Cyanidin: 19.69mg, Cyanidin: 19.69mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 126.96kcal (6.35%), Fat: 3.79g (5.83%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 15.24g (5.54%), Sugar: 14.44g (16.05%), Cholesterol: 141.38mg (47.13%), Sodium: 9.09mg (0.4%), Alcohol: 2.06g (100%), Alcohol %: 2.6% (100%), Protein: 2.62g (5.24%), Manganese: 0.3mg (14.79%), Vitamin C: 11.27mg (13.66%), Fiber: 2.8g (11.18%), Selenium: 7.55µg (10.79%), Folate: 28.47µg (7.12%), Phosphorus: 68.36mg (6.84%), Vitamin B2: 0.09mg (5.35%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.71mg (4.75%), Vitamin D: 0.71µg (4.71%), Iron: 0.79mg (4.38%), Vitamin B12: 0.26µg (4.25%), Vitamin A: 202.97IU (4.06%), Vitamin B6: 0.08mg (3.8%), Zinc: 0.51mg (3.39%), Magnesium: 13.34mg (3.33%), Vitamin K: 3.45µg (3.28%), Potassium: 107.79mg (3.08%), Calcium: 30.66mg (3.07%), Copper: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.29mg (1.46%)