



Chocolate Zabaglione



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



6

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large egg yolks
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup plum brandy dry
- ☐ 1 pinch salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 pound strawberries fresh hulled quartered
- ☐ 0.7 cup sugar

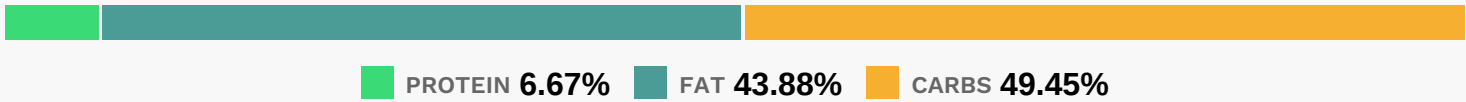
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Add cream and chocolate to a heavy small saucepan. Cook over low heat, stirring often, until the chocolate chips are melted and smooth. Set aside and keep warm.
- ☐ Whisk the egg yolks, sugar, Marsala, and salt in a large glass bowl until blended. Set the bowl over a saucepan of simmering water, but do not allow the bottom of the bowl to touch the water.
- ☐ Whisk the egg mixture over the simmering water until it is thick and creamy, about 4 minutes.
- ☐ Remove from the heat.
- ☐ Using a large rubber spatula, fold the melted chocolate mixture into the egg mixture.
- ☐ Divide the strawberries among 6 coupe dishes.
- ☐ Pour the warm zabaglione over the strawberries and serve.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:17.23, Inflammation Score:-5, Nutrition Score:11.412173996801%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.82mg, Peonidin: 0.82mg, Peonidin: 0.82mg, Peonidin: 0.82mg Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg
Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol:
0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg,
Myricetin: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin:
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 335.3kcal (16.77%), Fat: 15.63g (24.05%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 39.64g (13.21%),
Net Carbohydrates: 36.93g (13.43%), Sugar: 33.35g (37.06%), Cholesterol: 256.91mg (85.64%), Sodium: 24.3mg
(1.06%), Alcohol: 3.06g (100%), Alcohol %: 2.34% (100%), Caffeine: 12.9mg (4.3%), Protein: 5.35g (10.7%), Vitamin C:
44.51mg (53.95%), Manganese: 0.53mg (26.39%), Selenium: 14.79µg (21.12%), Phosphorus: 153.1mg (15.31%), Folate:
51.63µg (12.91%), Copper: 0.25mg (12.63%), Fiber: 2.71g (10.85%), Iron: 1.95mg (10.81%), Vitamin B2: 0.17mg (10.01%),
Magnesium: 39.86mg (9.96%), Vitamin A: 489.2IU (9.78%), Vitamin D: 1.38µg (9.22%), Vitamin B5: 0.85mg (8.49%),
Vitamin B12: 0.48µg (8.08%), Potassium: 253.69mg (7.25%), Zinc: 1.06mg (7.1%), Vitamin E: 0.98mg (6.56%),
Vitamin B6: 0.12mg (6.17%), Calcium: 59.01mg (5.9%), Vitamin B1: 0.07mg (4.56%), Vitamin K: 3.22µg (3.07%),
Vitamin B3: 0.47mg (2.36%)