



Double cherry semi-freddo



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 kg cherries
- ☐ 400 ml double cream
- ☐ 100 g icing sugar
- ☐ 4 eggs separated

Equipment

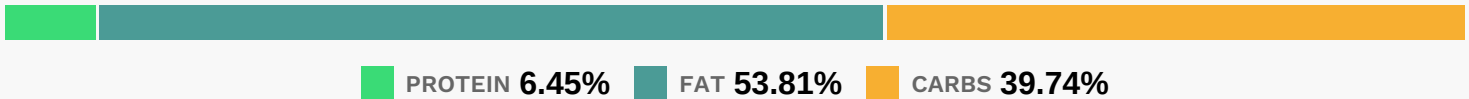
- ☐ bowl
- ☐ frying pan
- ☐ whisk

- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Set aside a handful (about 50g) of the pitted cherries.
- ☐ Place the remainder in a large pan set over a medium heat with the cream and 50g icing sugar. Bring up to the boil, then gently simmer for 5 mins until the cherries start to soften. Carefully whizz in a blender, then pass through a sieve.
- ☐ Pour a little of the hot cherry cream over the egg yolks, whisk well, then pour back into the pan. Cook for about 5 mins more or until the mixture has thickened a little and will coat the back of a wooden spoon.
- ☐ Pour through a sieve into a bowl, cover the surface with cling film, then leave to cool completely.
- ☐ Whisk the egg whites until stiff peaks form, then whisk in the remaining 50g sugar, 1 tbsp at a time. Keep whisking until the mixture is stiff and resembles shaving foam. Stir a third of the mixture into the cooled cream, mix until it is well incorporated, then gently fold through the remaining mixture in 2 goes.
- ☐ Line a 900g loaf tin with cling film.
- ☐ Pour the mixture into the tin, then cover with cling film and place in the freezer for about 3 hrs until just starting to freeze. Stir the whole cherries into the semi-frozen mixture, then return to the freezer for at least 8 hrs or preferably overnight.
- ☐ Serve cut into slices with some berries, or sandwiched between wafers.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:3.82, Inflammation Score:-6, Nutrition Score:6.9339130546736%

Flavonoids

Cyanidin: 37.76mg, Cyanidin: 37.76mg, Cyanidin: 37.76mg, Cyanidin: 37.76mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg,

Peonidin: 1.88mg Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg Epicatechin: 6.25mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 329.85kcal (16.49%), Fat: 20.5g (31.54%), Saturated Fat: 12.3g (76.9%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 31.44g (11.43%), Sugar: 29.78g (33.08%), Cholesterol: 138.68mg (46.23%), Sodium: 45.07mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin A: 938.19IU (18.76%), Vitamin B2: 0.24mg (14.04%), Selenium: 8.34µg (11.91%), Vitamin C: 9.05mg (10.97%), Fiber: 2.63g (10.5%), Potassium: 355.89mg (10.17%), Phosphorus: 98.98mg (9.9%), Vitamin D: 1.24µg (8.3%), Vitamin B5: 0.71mg (7.14%), Calcium: 61.89mg (6.19%), Vitamin B6: 0.12mg (5.81%), Vitamin E: 0.78mg (5.21%), Magnesium: 19.91mg (4.98%), Iron: 0.89mg (4.96%), Copper: 0.1mg (4.86%), Manganese: 0.09mg (4.73%), Vitamin B12: 0.28µg (4.6%), Folate: 17.35µg (4.34%), Vitamin K: 4.3µg (4.1%), Vitamin B1: 0.05mg (3.51%), Zinc: 0.49mg (3.29%), Vitamin B3: 0.24mg (1.21%)