



Fig Semifreddo



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 1 pinch pepper black
- ☐ 1 tablespoon champagne vinegar
- ☐ 11 egg yolks
- ☐ 1 pint kadota figs halved
- ☐ 2 cups heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1 pound ricotta cheese

- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 0.3 cup water

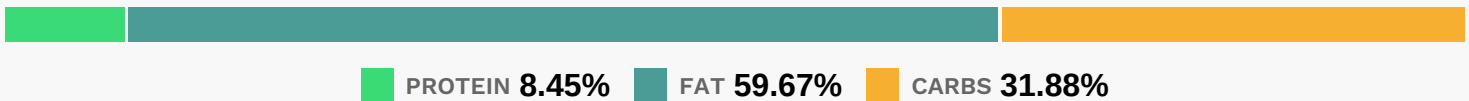
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Combine honey, olive oil, and Champagne vinegar in a small bowl. Toss with halved figs, salt, and pepper.
- ☐ Place figs on a jelly-roll pan, and roast at 400 for 10 to 15 minutes or until almost tender. Reserve juices, and set aside.
- ☐ Combine sugar and water in a small saucepan, and place over medium-high heat.
- ☐ Heat the mixture to 240; remove from heat.
- ☐ Beat egg yolks at high speed with an electric mixer until thick and bright yellow. Slowly pour hot sugar mixture into yolks, beating at high speed until well incorporated; cool to room temperature.
- ☐ Beat whipping cream at medium speed with an electric mixer until stiff peaks form; fold into egg yolk mixture. Fold in ricotta cheese. Chop half of figs, and fold into egg yolk mixture, reserving remaining figs for topping.
- ☐ Pour into a 13- x 9-inch dish, and freeze overnight.
- ☐ Let stand at room temperature about 15 minutes before serving. Scoop into serving dishes, and top with remaining figs and reserved roasting juices.

Nutrition Facts



Properties

Glycemic Index:24.24, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:9.4721740587898%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 460.75kcal (23.04%), Fat: 31.32g (48.19%), Saturated Fat: 17.02g (106.35%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 36.26g (13.19%), Sugar: 34.47g (38.3%), Cholesterol: 290.76mg (96.92%), Sodium: 65.73mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Selenium: 19.36µg (27.66%), Vitamin A: 1254.33IU (25.09%), Vitamin B2: 0.31mg (18.37%), Phosphorus: 183.51mg (18.35%), Calcium: 168.33mg (16.83%), Vitamin D: 1.92µg (12.81%), Vitamin B12: 0.62µg (10.27%), Folate: 39.22µg (9.81%), Vitamin E: 1.45mg (9.69%), Vitamin B5: 0.96mg (9.56%), Vitamin B6: 0.16mg (8.02%), Zinc: 1.18mg (7.89%), Potassium: 228.63mg (6.53%), Vitamin K: 6.09µg (5.8%), Fiber: 1.39g (5.55%), Iron: 1mg (5.53%), Vitamin B1: 0.08mg (5.24%), Magnesium: 17.62mg (4.4%), Manganese: 0.08mg (4.12%), Copper: 0.07mg (3.4%), Vitamin C: 1.27mg (1.54%), Vitamin B3: 0.28mg (1.4%)