



Fresh Cherries with Riesling Zabaglione



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large egg yolks
- ☐ 0.3 cup mirin sweet
- ☐ 3 tablespoons sugar
- ☐ 1.5 pounds cherries sweet pitted
- ☐ 1 tablespoon water

Equipment

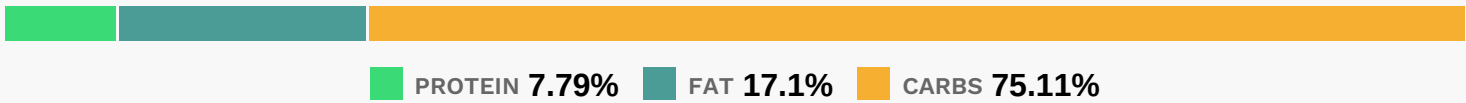
- ☐ bowl
- ☐ whisk

☐ double boiler

Directions

- ☐ Divide cherries evenly among each of 6 small dessert bowls.
- ☐ Combine 3 tablespoons sugar, 1 tablespoon water, and egg yolks in the top of a double boiler, stirring well with a whisk. Stir in wine. Cook over simmering water until thick and mixture reaches 160 (about 8 minutes), stirring constantly with a whisk.
- ☐ Serve warm over cherries.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:4.2017391272213%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 130.11kcal (6.51%), Fat: 2.5g (3.84%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 22.3g (8.11%), Sugar: 20.65g (22.94%), Cholesterol: 91.8mg (30.6%), Sodium: 4.76mg (0.21%), Alcohol: 1.03g (100%), Alcohol %: 0.93% (100%), Protein: 2.56g (5.12%), Vitamin C: 7.94mg (9.62%), Fiber: 2.38g (9.53%), Potassium: 268.23mg (7.66%), Selenium: 4.81µg (6.87%), Phosphorus: 58.76mg (5.88%), Vitamin B2: 0.08mg (5%), Vitamin B5: 0.48mg (4.84%), Manganese: 0.1mg (4.8%), Vitamin B6: 0.09mg (4.52%), Folate: 17.05µg (4.26%), Vitamin A: 195.14IU (3.9%), Copper: 0.08mg (3.79%), Iron: 0.67mg (3.72%), Magnesium: 13.92mg (3.48%), Vitamin B1: 0.05mg (3.07%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.17µg (2.76%), Calcium: 26.74mg (2.67%), Vitamin K: 2.48µg (2.36%), Vitamin E: 0.3mg (1.99%), Zinc: 0.29mg (1.92%)