



Fresh Raspberry Gratins



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

Ingredients

- 8 extra large egg yolks
- 6 servings granulated sugar
- 1 cup marsala wine sweet
- 6 half-pints raspberries fresh
- 0.7 cup caster sugar
- 0.3 teaspoon vanilla extract pure

Equipment

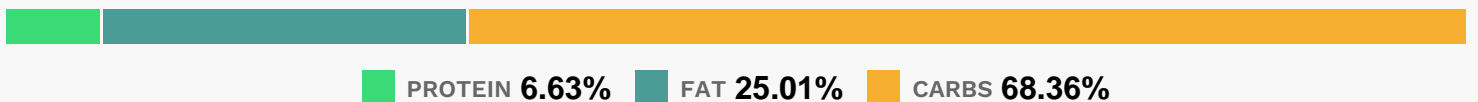
- bowl

- frying pan
- whisk
- kitchen thermometer
- broiler

Directions

- Watch how to make this recipe.
- Preheat the broiler for at least 15 minutes, with the rack about 5 inches away from the heat.
- To make the sabayon, whisk together the egg yolks and sugar in a heat-proof bowl set over a pan of simmering (not boiling) water until thick and creamy, about 4 to 5 minutes.
- Whisk almost constantly, scraping the egg mixture from the bottom of the bowl. Slowly whisk in the Marsala wine and continue whisking over the simmering water for about 5 more minutes, until the mixture is thick and smooth, like a soft whipped cream. It should register about 150 degrees F on an instant-read thermometer.
- Whisk in the vanilla, remove from the heat, and set aside.
- Place one snug layer of raspberries in 6 (6 to 7-inch) shallow gratin dishes. (Each of my dishes holds about one half-pint of raspberries.) Spoon enough sabayon over the raspberries to cover them.
- Sprinkle each one lightly with granulated sugar. Arrange the dishes on 2 sheet pans and place them one pan at a time under the broiler for 2 to 3 minutes, or until the tops of the gratins are lightly browned. Watch them carefully; they burn really quickly!
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:23.89, Inflammation Score:-2, Nutrition Score:4.77521738904%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin:

37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 274.83kcal (13.74%), Fat: 6.58g (10.13%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 40.49g (14.72%), Sugar: 37.46g (41.63%), Cholesterol: 259.55mg (86.52%), Sodium: 16.09mg (0.7%), Alcohol: 6.18g (100%), Alcohol %: 7.88% (100%), Protein: 3.93g (7.85%), Selenium: 13.88µg (19.82%), Phosphorus: 98.16mg (9.82%), Folate: 35.07µg (8.77%), Vitamin D: 1.3µg (8.64%), Vitamin B2: 0.14mg (8.38%), Vitamin B12: 0.47µg (7.83%), Vitamin B5: 0.73mg (7.33%), Vitamin A: 349.62IU (6.99%), Iron: 0.77mg (4.27%), Vitamin B6: 0.08mg (4.23%), Vitamin E: 0.62mg (4.14%), Zinc: 0.59mg (3.92%), Calcium: 35.59mg (3.56%), Vitamin B1: 0.05mg (3.32%), Manganese: 0.06mg (3.13%), Copper: 0.04mg (1.95%), Potassium: 65.21mg (1.86%), Magnesium: 4.92mg (1.23%)