



Fruit and Cinnamon Semifreddo



Vegetarian



Gluten Free

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READY IN

ready

335 min.

SERVINGS

servings

8

CALORIES

calories

250 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 1 small block chocolate dark for garnish
- ☐ 2 teaspoons cinnamon
- ☐ 4 egg whites
- ☐ 6 egg yolks
- ☐ 1 cup heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 1.5 cups poached berries mixed (blackberries, raspberries and blueberries)

☐ 0.5 cup sugar

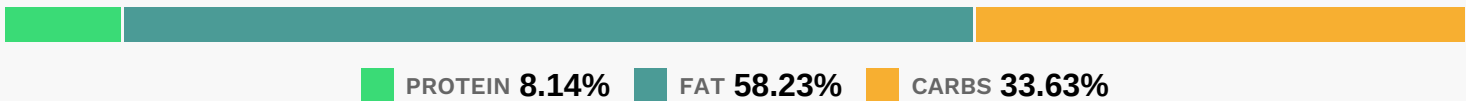
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler
- ☐ loaf pan
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare a double boiler or fit a heatproof bowl over a small saucepan of simmering water. In the bowl, combine the egg yolks and 1/2 cup of sugar, and whisk until frothy.
- ☐ Transfer the bowl immediately to an ice bath, stirring occasionally, until cool.
- ☐ Meanwhile, in a separate bowl, whip the heavy cream to medium peaks. Fold the whipped cream into the cooled egg yolk mixture and then stir in the cinnamon.
- ☐ In a separate mixing bowl, whip the egg whites and amaretto liqueur until soft peaks form and fold that into the egg yolk-cream mixture.
- ☐ Pour the mixture into a loaf pan or small baking dish and freeze the mixture until soft-frozen, about 4 hours.
- ☐ While the semifreddo freezes, toss berries with the lemon juice and remaining 1/4 cup of sugar in a small bowl. Lightly mash with a fork to crush some of the berries. To serve, spoon the semifreddo into individual dessert dishes, top with some of the berry mixture and garnish with shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:9.01, Inflammation Score:-4, Nutrition Score:6.0773912305417%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 5.28mg, Petunidin: 5.28mg, Petunidin: 5.28mg, Petunidin: 5.28mg Delphinidin: 6.27mg, Delphinidin: 6.27mg, Delphinidin: 6.27mg, Delphinidin: 6.27mg Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 249.91kcal (12.5%), Fat: 16.09g (24.75%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 19.47g (7.08%), Sugar: 18.13g (20.15%), Cholesterol: 179.52mg (59.84%), Sodium: 40.92mg (1.78%), Alcohol: 0.98g (100%), Alcohol %: 1.11% (100%), Caffeine: 3.78mg (1.26%), Protein: 5.06g (10.12%), Selenium: 11.83µg (16.89%), Vitamin A: 648.43IU (12.97%), Vitamin B2: 0.21mg (12.36%), Manganese: 0.21mg (10.46%), Phosphorus: 86.98mg (8.7%), Vitamin D: 1.21µg (8.03%), Folate: 24.31µg (6.08%), Vitamin K: 6.22µg (5.93%), Fiber: 1.44g (5.77%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.33µg (5.57%), Vitamin E: 0.8mg (5.33%), Iron: 0.93mg (5.18%), Calcium: 48.38mg (4.84%), Copper: 0.09mg (4.66%), Vitamin B6: 0.08mg (3.97%), Magnesium: 14.48mg (3.62%), Zinc: 0.54mg (3.57%), Potassium: 115.54mg (3.3%), Vitamin C: 2.38mg (2.88%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.24mg (1.21%)