



Ginger, Fig, and Cranberry Semifreddo with Blackberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



359 kcal

DESSERT

Ingredients

- ☐ 0.3 cup candied ginger minced
- ☐ 0.3 cup cranberries dried finely chopped
- ☐ 0.5 cup wine dry white
- ☐ 8 large egg yolk
- ☐ 0.3 cup figs dried finely chopped
- ☐ 10 servings sauce
- ☐ 2 tablespoons orange zest grated

- ☐ 0.7 cup sugar
- ☐ 2.8 cups whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Line 9x5x3-inch metal loaf pan with plastic wrap, extending over sides by 3 inches.
- ☐ Whisk egg yolks, sugar and white wine in medium metal bowl to blend. Set bowl over saucepan of simmering water; whisk egg mixture constantly until candy thermometer registers 160°F, about 5 minutes.
- ☐ Remove from over water. Using electric mixer, beat until cool and thick, about 5 minutes. Beat in orange peel.
- ☐ Beat chilled whipping cream in large bowl until peaks form.
- ☐ Add egg mixture and gently fold together. Fold in chopped figs, chopped cranberries, and minced ginger.
- ☐ Transfer mixture to prepared pan. Cover with plastic wrap overhang; freeze overnight. (Can be made 3 days ahead. Keep frozen.)
- ☐ Turn semifreddo out onto platter. Peel off plastic wrap.
- ☐ Let stand 5 minutes to soften slightly. Slice semifreddo.
- ☐ Place 1 slice of semifreddo on each plate.
- ☐ Drizzle Blackberry Sauce over each slice and serve.

Nutrition Facts



PROTEIN 4.59% **FAT 68.52%** **CARBS 26.89%**

Properties

Glycemic Index:14.61, Glycemic Load:10.14, Inflammation Score:-6, Nutrition Score:5.804782587549%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 359.4kcal (17.97%), Fat: 27.35g (42.07%), Saturated Fat: 16.36g (102.26%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 23.57g (8.57%), Sugar: 22.51g (25.01%), Cholesterol: 220.84mg (73.61%), Sodium: 37.78mg (1.64%), Alcohol: 1.24g (100%), Alcohol %: 1.28% (100%), Protein: 4.12g (8.25%), Vitamin A: 1174.47IU (23.49%), Selenium: 9.72µg (13.89%), Vitamin B2: 0.21mg (12.08%), Vitamin D: 1.78µg (11.88%), Phosphorus: 94.84mg (9.48%), Vitamin E: 1.05mg (7%), Calcium: 67.01mg (6.7%), Vitamin B12: 0.37µg (6.17%), Vitamin B5: 0.62mg (6.17%), Folate: 23.43µg (5.86%), Vitamin B6: 0.09mg (4.45%), Zinc: 0.5mg (3.36%), Potassium: 108.61mg (3.1%), Vitamin B1: 0.04mg (2.95%), Iron: 0.53mg (2.95%), Vitamin K: 2.92µg (2.78%), Vitamin C: 2.19mg (2.66%), Fiber: 0.57g (2.28%), Manganese: 0.04mg (2.18%), Magnesium: 8.23mg (2.06%), Copper: 0.03mg (1.41%)