



Grapefruit Sabayon Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 2 tablespoon confectioners sugar
- ☐ 3 large eggs
- ☐ 2 tablespoon flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 2 teaspoon 2 teaspoon red grapefruit zest red
- ☐ 0.3 cup grapefruit juice red freshly squeezed
- ☐ 1 tablespoon butter unsalted at room temperature

- ☐ 3 cup water boiling as needed
- ☐ 1 cup milk whole

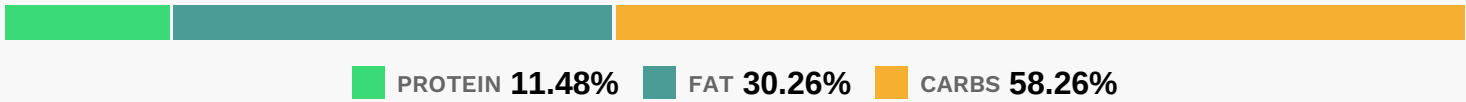
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Place the oven rack in the center position and preheat to 350 degrees. Butter the interiors of six 6-ounce ramekins and place in a baking dish or roasting pan. In a large bowl, whisk egg yolks and sugar together until light; whisk in the flour. Followed by the grapefruit juice, then the milk and zest. In a separate bowl use an electric mixer to beat egg whites and salt until soft peaks form.
- ☐ Add to grapefruit batter and fold in gently with a whisk. Divide batter among prepared ramekins; place baking dish in oven and fill with boiling water to reach halfway up sides of ramekins.
- ☐ Bake until puffed and lightly browned (but the grapefruit sabayon is still visible in bottom), 20 to 25 minutes.
- ☐ Serve warm, dusted with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:14.29, Inflammation Score:-2, Nutrition Score:4.4339130287585%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.73kcal (8.29%), Fat: 5.66g (8.71%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 24.41g (8.88%), Sugar: 22.49g (24.99%), Cholesterol: 102.9mg (34.3%), Sodium: 64.05mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Selenium: 9.44µg (13.48%), Vitamin B2: 0.19mg (11.04%), Phosphorus: 95.21mg (9.52%), Vitamin B12: 0.45µg (7.43%), Calcium: 69.85mg (6.98%), Vitamin D: 0.98µg (6.55%), Vitamin B5: 0.56mg (5.63%), Vitamin A: 278.77IU (5.58%), Folate: 16.81µg (4.2%), Vitamin C: 3.16mg (3.83%), Zinc: 0.53mg (3.56%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.07mg (3.47%), Iron: 0.6mg (3.36%), Potassium: 117.27mg (3.35%), Magnesium: 10.79mg (2.7%), Vitamin E: 0.34mg (2.27%), Copper: 0.04mg (2.16%), Manganese: 0.03mg (1.35%), Vitamin B3: 0.24mg (1.21%)