



Grapefruit Sabayon Gratin

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- 2 large egg yolk
- 2 ruby grapefruit red
- 0.3 cup muscat pumpkin sweet
- 0.3 cup sugar

Equipment

- bowl
- sauce pan
- knife

- blender
- kitchen thermometer
- broiler

Directions

- Preheat broiler.
- Cut peel, including all white pith, from grapefruit with a sharp knife.
- Cut segments from membranes and divide segments among gratin dishes.
- Combine yolks, sugar, and wine in a large metal bowl set over a saucepan of barely simmering water and beat with a handheld mixer at medium-high speed until mixture registers 140°F on thermometer, about 4 minutes. Continue beating over heat until mixture has tripled in volume and forms a thick ribbon when mixer is lifted, 4 to 5 minutes more.
- Remove bowl from heat.
- Spoon sabayon over grapefruit segments and broil 4 to 6 inches from heat just until sabayon is browned, about 30 seconds.
- Serve immediately.

Nutrition Facts



PROTEIN 6.68% **FAT 16.05%** **CARBS 77.27%**

Properties

Glycemic Index:23.77, Glycemic Load:11.52, Inflammation Score:-8, Nutrition Score:6.6947826067715%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 40.15mg, Naringenin: 40.15mg, Naringenin: 40.15mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 139.28kcal (6.96%), Fat: 2.46g (3.79%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 24.72g (8.99%), Sugar: 21g (23.33%), Cholesterol: 91.8mg (30.6%), Sodium: 4.2mg (0.18%), Alcohol: 1.3g (100%), Alcohol %: 1.04% (100%), Protein: 2.31g (4.62%), Vitamin C: 38.38mg (46.52%), Vitamin A: 1537.07IU

(30.74%), Fiber: 1.97g (7.87%), Folate: 28.4µg (7.1%), Selenium: 4.96µg (7.08%), Vitamin B5: 0.58mg (5.76%), Phosphorus: 55.29mg (5.53%), Potassium: 175.57mg (5.02%), Vitamin B2: 0.09mg (5.02%), Vitamin B6: 0.09mg (4.75%), Vitamin B1: 0.07mg (4.52%), Calcium: 38.15mg (3.82%), Vitamin D: 0.46µg (3.06%), Magnesium: 11.49mg (2.87%), Vitamin B12: 0.17µg (2.76%), Vitamin E: 0.38mg (2.53%), Copper: 0.05mg (2.34%), Zinc: 0.28mg (1.89%), Iron: 0.34mg (1.87%), Manganese: 0.03mg (1.61%), Vitamin B3: 0.25mg (1.26%)