



Grappa Semifreddo with Espresso Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 2 large egg whites at room temperature
- ☐ 3 large egg yolk
- ☐ 6 teaspoons grappa chilled
- ☐ 1 cup cup heavy whipping cream
- ☐ 4 teaspoons espresso powder instant
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 6 servings general foods international suisse mocha cafe
- ☐ 1 cup sugar

☐ 0.5 cup water boiling

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ knife

☐ whisk

☐ plastic wrap

☐ hand mixer

☐ kitchen thermometer

Directions

☐ Have ready a large bowl of ice and cold water.

☐ Beat together yolks, sugar, and 1/3 cup grappa with an electric mixer in a metal bowl set over a saucepan of simmering water 10 minutes, or until thick and pale and mixture registers 170°F on an instant-read thermometer. Put bowl in ice bath and beat mixture until cold.

☐ Beat whites with a pinch of salt in another bowl with cleaned beaters until they just hold stiff peaks. Beat cream in a separate bowl until it holds soft peaks.

☐ Whisk one third of whites into yolk mixture to lighten and fold in remaining whites and then cream, gently but thoroughly.

☐ Spoon into molds and freeze, covered with plastic wrap, until firm, about 2 hours.

☐ Cook sugar in a 2-quart heavy saucepan over moderately low heat, stirring slowly with a fork, until melted and pale golden. Cook caramel without stirring, swirling pan, until deep golden.

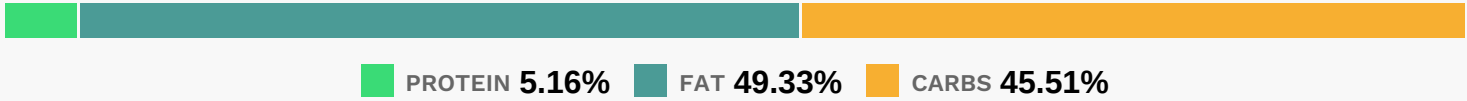
☐ Remove from heat.

☐ Stir together boiling water, espresso powder, and lemon juice. Carefully add to caramel (mixture will bubble up and vigorously steam), then cook over moderately low heat, stirring, until caramel is dissolved and sauce is smooth.

☐ Dip molds in hot water 5 seconds, then run a small thin knife around edges and invert onto plates. Spoon a teaspoon of chilled grappa on top of each and drizzle plates with warm or room-temperature espresso sauce.

- ☐
- If egg safety is a problem in your area, you may want to use pasteurized egg whites in the carton for the semifreddo. • Semifreddo may be made 1 week ahead and kept frozen.
- ☐
- Let soften 30 minutes in refrigerator before unmolding. • You can make espresso sauce 3 days ahead and chill, covered. Reheat to warm before serving.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-5, Nutrition Score:7.2765217293864%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 529.87kcal (26.49%), Fat: 28.7g (44.16%), Saturated Fat: 15.94g (99.6%), Carbohydrates: 59.57g (19.86%), Net Carbohydrates: 56.57g (20.57%), Sugar: 51.91g (57.68%), Cholesterol: 141.82mg (47.27%), Sodium: 44.62mg (1.94%), Alcohol: 2.02g (100%), Alcohol %: 1.62% (100%), Caffeine: 356.53mg (118.84%), Protein: 6.76g (13.52%), Vitamin B2: 0.28mg (16.53%), Vitamin A: 705.68IU (14.11%), Selenium: 9.55µg (13.65%), Magnesium: 49.6mg (12.4%), Copper: 0.25mg (12.25%), Manganese: 0.24mg (12.11%), Fiber: 3g (12%), Phosphorus: 113.84mg (11.38%), Calcium: 79.79mg (7.98%), Iron: 1.41mg (7.82%), Vitamin D: 1.09µg (7.29%), Potassium: 226.16mg (6.46%), Zinc: 0.83mg (5.53%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.24µg (3.99%), Folate: 15.68µg (3.92%), Vitamin K: 3.7µg (3.53%), Vitamin B6: 0.06mg (2.98%), Vitamin B3: 0.46mg (2.29%), Vitamin B1: 0.03mg (2.04%)