



Grilled Fruit with Lemon Zabaglione



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 2 banana halved lengthwise
- ☐ 6 servings mint leaves fresh for garnish
- ☐ 2 orange juice
- ☐ 6 servings optional: lemon
- ☐ 0.3 cup maple syrup packed
- ☐ 2 nectarines pitted halved
- ☐ 1 pineapple cored peeled cut into chunks
- ☐ 3 plums pitted halved

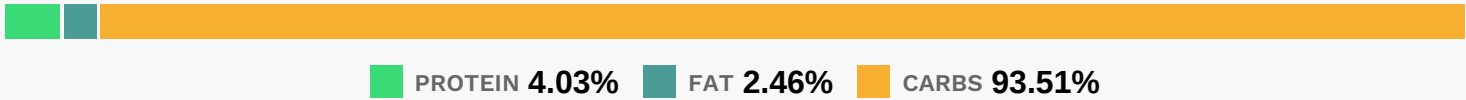
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Prepare a medium-hot fire (425° to 450°F) in a wood-fired grill.
- ☐ Stir the sugar into the orange juice until dissolved.
- ☐ Brush the cut fruit with the sugar mixture.
- ☐ Grill the fruit, cut side down, for about 5 minutes, or until the fruit is slightly soft and well marked. Move to indirect heat and continue to cook to the desired softness.
- ☐ Remove from the heat and set aside to cool.
- ☐ Slice the fruit and keep each kind in a separate bowl.
- ☐ Let stand at room temperature for 30 minutes to allow flavors to mix.
- ☐ Portion an assortment of the fruits into 6 bowls. Top with the zabaglione and garnish with mint leaves.
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Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:23.12, Inflammation Score:-7, Nutrition Score:16.019130494284%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg

Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg Hesperetin: 4.44mg, Hesperetin: 4.44mg, Hesperetin: 4.44mg, Hesperetin: 4.44mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 204.09kcal (10.2%), Fat: 0.61g (0.93%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 51.77g (17.26%), Net Carbohydrates: 47.15g (17.14%), Sugar: 39.24g (43.6%), Cholesterol: 0mg (0%), Sodium: 10.31mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin C: 94.06mg (114.01%), Manganese: 1.98mg (98.76%), Vitamin B2: 0.34mg (19.74%), Fiber: 4.62g (18.49%), Vitamin B6: 0.35mg (17.48%), Potassium: 514.64mg (14.7%), Copper: 0.27mg (13.45%), Vitamin B1: 0.19mg (12.67%), Folate: 47.42µg (11.85%), Magnesium: 42.61mg (10.65%), Vitamin A: 467.67IU (9.35%), Vitamin B3: 1.8mg (9.01%), Vitamin B5: 0.64mg (6.39%), Calcium: 50.45mg (5.05%), Iron: 0.89mg (4.95%), Phosphorus: 43.56mg (4.36%), Vitamin K: 4.33µg (4.12%), Zinc: 0.52mg (3.49%), Vitamin E: 0.46mg (3.08%)