



Grilled Peaches with Bellini Zabaglione



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 5 large egg yolks
- ☐ 0.3 cup honey
- ☐ 2 tablespoon peach juice
- ☐ 0.3 cup sugar
- ☐ 2 tablespoon butter unsalted melted

Equipment

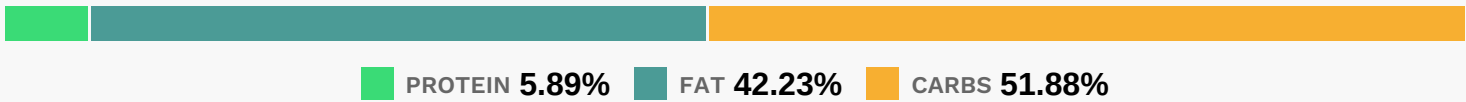
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine yolks,¼ sugar, honey, Prosecco, and peach juice in a large metal or heat proof glass bowl.Set the bowl over a large pan of simmering water.
- ☐ Whisk constantly until the mixture is very frothy, thick and has expanded in volume, about 10 minutes.
- ☐ Place bowl in ice bath; let cool completely.
- ☐ Place cream in a large bowl, and beat until stiff peaks form. Fold whipped cream into egg-yolk mixture. Cover with plastic wrap, and place in refrigerator at least 20 minutes.Line grill or pan with heavy-duty foil.
- ☐ Brush peaches with butter; sprinkle with the remaining 1 tbsp sugar. Grill cut side down until peaches are tender and sugar is caramelized, 6 to 7 minutes. Divide sabayon among four dishes, and top each with a peach half.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:40.65, Glycemic Load:18.09, Inflammation Score:-2, Nutrition Score:4.529999975277%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 234.26kcal (11.71%), Fat: 11.37g (17.49%), Saturated Fat: 5.63g (35.17%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 31.27g (11.37%), Sugar: 30.61g (34.01%), Cholesterol: 244.55mg (81.52%), Sodium: 12.9mg (0.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Selenium: 12.37µg (17.67%), Vitamin A: 505.46IU (10.11%), Phosphorus: 87.03mg (8.7%), Vitamin D: 1.25µg (8.35%), Folate: 32.1µg (8.03%), Vitamin B2: 0.13mg (7.49%), Vitamin B12: 0.43µg (7.1%), Vitamin B5: 0.67mg (6.69%), Vitamin E: 0.76mg (5.1%), Vitamin B6: 0.08mg (4.08%), Iron: 0.7mg (3.9%), Zinc: 0.56mg (3.73%), Calcium: 30.78mg (3.08%), Vitamin B1: 0.04mg (2.63%), Manganese: 0.03mg (1.7%), Copper: 0.03mg (1.59%), Potassium: 45.13mg (1.29%)