



## Lemon Sabayon with Grapefruit

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

### Ingredients

- 2 large egg yolk
- 0.5 cup juice of lemon fresh
- 0.8 cup sugar
- 2 tablespoons butter unsalted cold cut in half
- 2 large eggs whole

### Equipment

- bowl
- sauce pan

- knife
- whisk
- plastic wrap
- hand mixer
- kitchen thermometer

## Directions

- Cut peel, including all white pith, from grapefruits with a sharp knife.
- Cut segments free from membranes and divide among 6 bowls.
- Whisk together whole eggs, yolks, and sugar in a metal bowl until combined well, 1 to 2 minutes. Set bowl over a saucepan of simmering water and whisk until foamy, about 2 minutes.
- Add one third of lemon juice and whisk until thickened, about 1 minute.
- Add half of remaining lemon juice and whisk until thickened, about 1 minute. Repeat with remaining lemon juice. Continue cooking, whisking constantly, until thickened and an instant-read thermometer registers 170°F, 7 to 8 minutes more.
- Remove from heat and whisk in butter, 1 piece at a time, until incorporated. Cool slightly.
- Spoon warm sabayon over grapefruit segments.
- Serve remaining sabayon on the side.
- Sabayon can be chilled, its surface covered with plastic wrap, up to 1 day.
- Serve cold. Sabayon can be beaten with an electric mixer instead of a whisk; it will take about 2 minutes less.

## Nutrition Facts



**PROTEIN 6.84%** **FAT 34.62%** **CARBS 58.54%**

## Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:3.3965217341547%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 176.26kcal (8.81%), Fat: 7g (10.77%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 26.57g (9.66%), Sugar: 25.56g (28.4%), Cholesterol: 133.23mg (44.41%), Sodium: 27.35mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Selenium: 8.51µg (12.15%), Vitamin C: 7.87mg (9.54%), Vitamin B2: 0.12mg (6.79%), Vitamin A: 289.55IU (5.79%), Phosphorus: 57.85mg (5.78%), Folate: 20.31µg (5.08%), Vitamin D: 0.71µg (4.73%), Vitamin B5: 0.46mg (4.57%), Vitamin B12: 0.27µg (4.45%), Vitamin E: 0.46mg (3.07%), Vitamin B6: 0.06mg (2.88%), Iron: 0.48mg (2.64%), Zinc: 0.36mg (2.41%), Calcium: 19.23mg (1.92%), Potassium: 51.74mg (1.48%), Vitamin B1: 0.02mg (1.45%), Copper: 0.02mg (1.11%)