



Lemon Sabayon with Grapefruit

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

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

Equipment

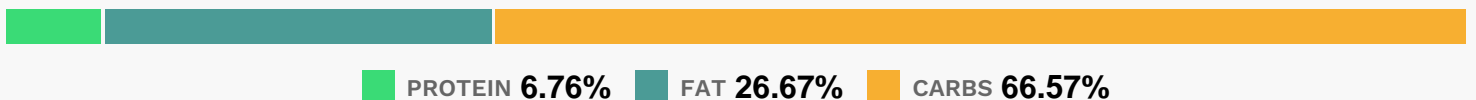
- bowl

- 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



Properties

Glycemic Index:15.85, Glycemic Load:20.36, Inflammation Score:-8, Nutrition Score:8.7504347679408%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 42.06mg, Naringenin: 42.06mg, Naringenin: 42.06mg, Naringenin: 42.06mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 230.02kcal (11.5%), Fat: 7.18g (11.05%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 38.22g (13.9%), Sugar: 34.38g (38.2%), Cholesterol: 133.23mg (44.41%), Sodium: 27.35mg (1.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.1g (8.19%), Vitamin C: 47.81mg (57.95%), Vitamin A: 1761.55IU (35.23%), Selenium: 8.64µg (12.34%), Folate: 36.95µg (9.24%), Vitamin B2: 0.16mg (9.13%), Fiber: 2.11g (8.44%), Phosphorus: 80.89mg (8.09%), Vitamin B5: 0.79mg (7.92%), Potassium: 224.54mg (6.42%), Vitamin B6: 0.13mg (6.27%), Vitamin B1: 0.08mg (5.12%), Calcium: 47.39mg (4.74%), Vitamin D: 0.71µg (4.73%), Vitamin B12: 0.27µg (4.45%), Vitamin E: 0.63mg (4.18%), Magnesium: 15.12mg (3.78%), Iron: 0.58mg (3.21%), Copper: 0.06mg (3.15%), Zinc: 0.45mg (3.01%), Manganese: 0.04mg (1.98%), Vitamin B3: 0.3mg (1.48%)