



Lemon Semifreddo with Orange and Mango Salad



Vegetarian



Gluten Free

READY IN



335 min.

SERVINGS



6

CALORIES



610 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 8 egg yolks
- ☐ 2 cups heavy cream
- ☐ 0.5 cup juice of lemon
- ☐ 3 lemon zest finely grated
- ☐ 1 mangos cut into small cubes
- ☐ 10 mint leaves cut into chiffonade

- ☐ 3 oranges
- ☐ 1 pinch salt
- ☐ 1.3 cups sugar

Equipment

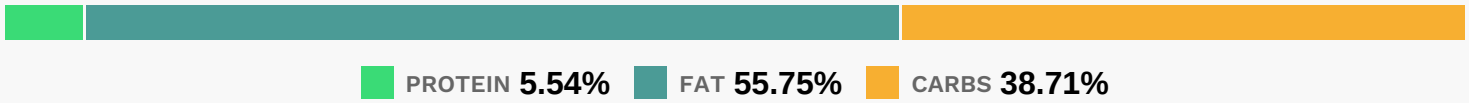
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ stand mixer

Directions

- ☐ Line a loaf pan with plastic wrap. Be sure to leave plenty of plastic around the edges so they can be folded over to cover the top.
- ☐ Put the almonds in the bottom of the prepared pan in an even layer (this will eventually become the top, so make it look pretty!). Reserve.
- ☐ Whip the cream with a whisk or an electric beater until it forms medium peaks. Refrigerate until ready to serve.
- ☐ Bring a saucepan with about 1-inch of water to a boil, over low heat. In the metal bowl of a stand mixer, combine the 1 1/4 cups of sugar, egg yolks, lemon juice and zest and the pinch of salt.
- ☐ Whisk to combine.
- ☐ Put the metal bowl on the saucepan, and reduce the heat under the saucepan so the water is just at a simmer.

- ☐ Whisk the egg mixture until it gets very light and fluffy, this will take about 4 to 5 minutes. For an insurance policy you can take the temperature of this mixture. It should be about 165 degrees F on an instant-read thermometer.
- ☐ Put the mixer bowl on the mixer and beat with the whisk attachment until the mixture has doubled in volume and the bottom of the bowl is cool when touched.
- ☐ Fold in the reserved whipped cream in increments. Do this gently but quickly. When it is a homogeneous mixture, pour it into the prepared loaf pan. Fold the plastic over the top and transfer to the freezer. Freeze at least 4 to 5 hours, but this can be done overnight or up to a couple days in advance.
- ☐ Combine the oranges, mangoes, mint and remaining 1 tablespoon of sugar in a small bowl.
- ☐ Let the mixture macerate for about 1 hour before serving.
- ☐ Remove the loaf pan from the freezer and open the plastic. Turn the semifreddo out of the loaf pan to a serving platter and remove the plastic. With hot knife, slice the semifreddo into 1-inch slices and garnish with the orange/mango salad.
- ☐ So refreshing!

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:34.17, Inflammation Score:-8, Nutrition Score:16.661304577537%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 20.96mg, Hesperetin: 20.96mg, Hesperetin: 20.96mg, Hesperetin: 20.96mg Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 610.35kcal (30.52%), Fat: 39.24g (60.37%), Saturated Fat: 20.89g (130.53%), Carbohydrates: 61.31g (20.44%), Net Carbohydrates: 57.71g (20.99%), Sugar: 55.86g (62.06%), Cholesterol: 348.85mg (116.28%), Sodium: 41.14mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin C: 60.15mg (72.91%), Vitamin A: 2106.54IU (42.13%), Vitamin E: 3.78mg (25.19%), Vitamin B2: 0.42mg (24.73%), Selenium: 16.96µg (24.23%), Folate: 82.43µg (20.61%), Phosphorus: 193.69mg (19.37%), Vitamin D: 2.57µg (17.1%), Fiber: 3.59g (14.38%), Calcium: 143.65mg (14.36%), Manganese: 0.25mg (12.55%), Vitamin B5: 1.23mg (12.29%), Vitamin B6: 0.22mg (10.96%), Potassium: 370.3mg (10.58%), Magnesium: 40.46mg (10.11%), Vitamin B12: 0.59µg (9.92%), Vitamin B1: 0.15mg (9.9%), Copper: 0.19mg (9.42%), Zinc: 1.1mg (7.33%), Iron: 1.29mg (7.14%), Vitamin B3: 0.81mg (4.04%), Vitamin K: 4.16µg (3.96%)