

Lemon Syllabub

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground nutmeg to taste (or)
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1 slices optional: lemon for garnish
- ☐ 0.1 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup white wine

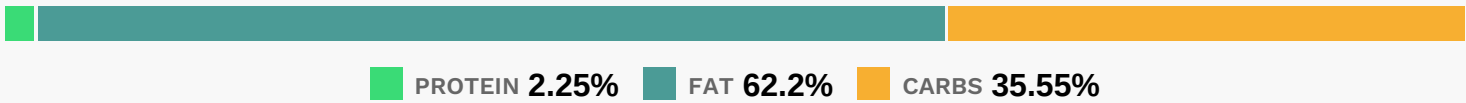
Equipment

☐ bowl

Directions

- ☐ Whip the cream and sugar in a chilled bowl, until the cream begins to thicken. Gradually whip in the white wine, lemon juice, and lemon zest. Continue to whip until light and fluffy, but not grainy. Cover the mixture and chill until serving time.
- ☐ Serve in chilled parfait glasses, garnished with a dash of nutmeg, a sprig of mint, and a slice of lemon. Syllabub should be eaten with a small spoon, and savored.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:2.0069565164006%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 209.28kcal (10.46%), Fat: 14.42g (22.18%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 18.44g (6.71%), Sugar: 18.08g (20.09%), Cholesterol: 44.82mg (14.94%), Sodium: 11.48mg (0.5%), Alcohol: 1.03g (100%), Alcohol %: 1.79% (100%), Protein: 1.17g (2.35%), Vitamin A: 583.91IU (11.68%), Vitamin B2: 0.08mg (4.74%), Vitamin D: 0.63µg (4.23%), Vitamin C: 3.26mg (3.95%), Calcium: 28.45mg (2.85%), Phosphorus: 25.62mg (2.56%), Vitamin E: 0.38mg (2.5%), Selenium: 1.31µg (1.88%), Potassium: 52.79mg (1.51%), Vitamin K: 1.31µg (1.25%), Vitamin B5: 0.12mg (1.16%), Vitamin B6: 0.02mg (1.14%), Magnesium: 4.38mg (1.09%), Vitamin B12: 0.06µg (1.06%)