



Lemon Verbena Sabayon



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 4 large egg yolks
- ☐ 1.5 tablespoons mint leaves fresh finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons grape juice white

Equipment

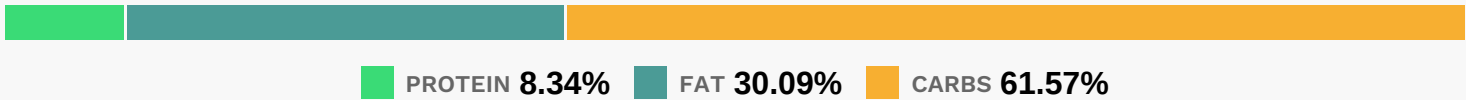
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ blender
- ☐ double boiler

Directions

- ☐ In the top of a double boiler or metal bowl (4 to 6 qt.), whisk to blend egg yolks, sugar, lemon juice, and Riesling.
- ☐ Set double boiler over boiling water, or nest bowl in a pan over boiling water.
- ☐ Whisk egg mixture (or beat with a mixer on medium speed) until it is thick enough to hold a mound for a few seconds, 5 to 7 minutes total.
- ☐ Add lemon verbena, whisk, and serve at once.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.9617391400363%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.24mg, Malvidin: 1.24mg, Malvidin: 1.24mg, Malvidin: 1.24mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.59kcal (3.38%), Fat: 2.31g (3.56%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.53g (3.83%), Sugar: 10.03g (11.15%), Cholesterol: 91.8mg (30.6%), Sodium: 5.05mg (0.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Selenium: 4.81µg (6.88%), Phosphorus: 35.69mg (3.57%), Folate: 14.23µg (3.56%), Vitamin A: 163.51IU (3.27%), Vitamin D: 0.46µg (3.06%), Vitamin B2: 0.05mg (3.01%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.27mg (2.68%), Manganese: 0.04mg (2.15%), Vitamin C: 1.76mg

(2.13%), Vitamin B6: 0.04mg (1.81%), Iron: 0.31mg (1.75%), Vitamin E: 0.22mg (1.5%), Calcium: 14.77mg (1.48%), Zinc: 0.22mg (1.44%), Vitamin B1: 0.02mg (1.23%)