



Meyer Lemon Semifreddo with Summer Berries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



338 kcal

DESSERT

Ingredients

- 0.5 cup almonds toasted sliced
- 4 cups berries mixed fresh hulled quartered (such as raspberries, blackberries, blueberries, and strawberries)
- 7 large egg yolk
- 1.8 cups cup heavy whipping cream chilled
- 0.5 cup meyer lemon juice fresh
- 1 tablespoon lemon zest finely grated
- 0.3 teaspoon salt

1.3 cups sugar

Equipment

bowl

frying pan

sauce pan

knife

whisk

plastic wrap

loaf pan

hand mixer

kitchen thermometer

Directions

Line 9x5x3-inch metal loaf pan with plastic wrap, leaving generous overhang.

Sprinkle almonds evenly over bottom of pan. Using electric mixer, beat whipping cream in large bowl until soft peaks form. Refrigerate whipped cream while making custard.

Whisk 1 1/4 cups sugar, egg yolks, lemon juice, lemon peel, and salt in large metal bowl to blend. Set bowl over large saucepan of simmering water and whisk constantly until yolk mixture is thick and fluffy and instant-read thermometer inserted into mixture registers 170°F, about 4 minutes.

Remove bowl from over simmering water. Using electric mixer, beat mixture until cool, thick, and doubled in volume, about 6 minutes. Fold in chilled whipped cream.

Transfer mixture to prepared loaf pan and smooth top. Tap loaf pan lightly on work surface to remove air pockets. Fold plastic wrap overhang over top to cover. Freeze semifreddo until firm, at least 8 hours or overnight. DO AHEAD: Semifreddo can be made 3 days ahead. Keep frozen. Gently mix all berries and remaining 2 tablespoons sugar in large bowl. DO AHEAD: Can be made 3 hours ahead. Cover and refrigerate.

Unfold plastic wrap from top of semifreddo and invert dessert onto platter; remove plastic wrap. Dip heavy large knife into hot water; cut semifreddo crosswise into 1-inch-thick slices.

Transfer to plates; spoon berries alongside and serve.

Nutrition Facts

PROTEIN 4.98% FAT 53.89% CARBS 41.13%

Properties

Glycemic Index:10.56, Glycemic Load:17.52, Inflammation Score:-5, Nutrition Score:7.4308695689492%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Petunidin: 11.26mg, Petunidin: 11.26mg, Petunidin: 11.26mg, Petunidin: 11.26mg Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg Malvidin: 30.78mg, Malvidin: 30.78mg, Malvidin: 30.78mg, Malvidin: 30.78mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 337.54kcal (16.88%), Fat: 21g (32.3%), Saturated Fat: 10.93g (68.31%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 33.72g (12.26%), Sugar: 32.02g (35.57%), Cholesterol: 175.58mg (58.53%), Sodium: 76.16mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin A: 813.48IU (16.27%), Vitamin E: 2.19mg (4.57%), Vitamin B2: 0.22mg (13.14%), Selenium: 8.33µg (11.9%), Vitamin K: 11.58µg (11.03%), Manganese: 0.21mg (10.31%), Phosphorus: 100.73mg (10.07%), Fiber: 2.33g (9.31%), Vitamin C: 7.3mg (8.85%), Vitamin D: 1.31µg (8.73%), Folate: 28.01µg (7%), Calcium: 61.58mg (6.16%), Vitamin B5: 0.58mg (5.8%), Vitamin B6: 0.11mg (5.3%), Vitamin B12: 0.3µg (4.98%), Magnesium: 19.88mg (4.97%), Copper: 0.09mg (4.29%), Vitamin B1: 0.06mg (4.14%), Potassium: 134.86mg (3.85%), Zinc: 0.57mg (3.8%), Iron: 0.68mg (3.78%), Vitamin B3: 0.53mg (2.66%)