



Mini Lemon Poppy Seed Sour Cream Semifreddo Cupcakes



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



24

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 4 egg yolks
- ☐ 1 cup heavy cream
- ☐ 0.5 lemon zest
- ☐ 1 lemon zest
- ☐ 2 tablespoons poppy seeds black
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 0.5 cup sugar

☐ 0.5 teaspoon vanilla extract

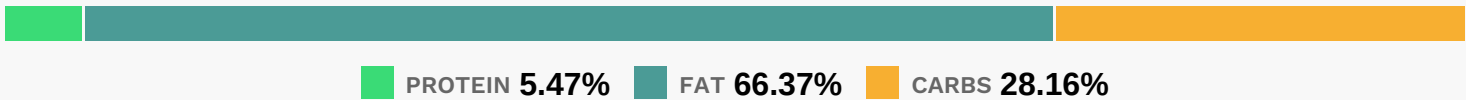
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ In a double-boiler or a heatproof bowl set over a saucepan of simmering water, whisk together egg yolks, sugar, vanilla, half the lemon zest, and the lemon juice until well combined. Continue to whisk constantly over very low heat, until the yolk mixture has thickened and becomes pale yellow, about 3 to 4 minutes.
- ☐ Remove from heat.
- ☐ Add the sour cream, mix until just combined, and set aside.
- ☐ In a large bowl, whip the heavy cream with a whisk until soft peaks form. Gently fold whipped cream into egg mixture. Gently stir in poppy seeds. Divide mixture evenly between lined mini muffin cups. If you don't have mini muffin cups, you can use regular sized to get half as many. Freeze for at least 2 hours or until firm.
- ☐ To serve, peel away the paper liners and garnish with remaining lemon zest.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.4256521890993%

Nutrients (% of daily need)

Calories: 68.52kcal (3.43%), Fat: 5.17g (7.95%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.75g (1.73%), Sugar: 4.59g (5.11%), Cholesterol: 45.02mg (15.01%), Sodium: 5.13mg (0.22%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.96g (1.92%), Vitamin A: 204.15IU (4.08%), Selenium: 2.19µg (3.14%), Manganese: 0.05mg (2.63%), Phosphorus: 25.85mg (2.58%), Calcium: 24.17mg (2.42%), Vitamin B2: 0.04mg (2.38%), Vitamin D: 0.32µg (2.14%), Folate: 5.58µg (1.4%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.19mg

(1.28%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.16mg (1.08%)