



Moscato Zabaglione with Cornmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.3 cups flour
- ☐ 6 large egg yolk
- ☐ 4 ounces golden raisins
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.8 cup muscat pumpkin italian
- ☐ 6 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.5 cup cornmeal yellow
- ☐ 6 servings frangelico
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Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer

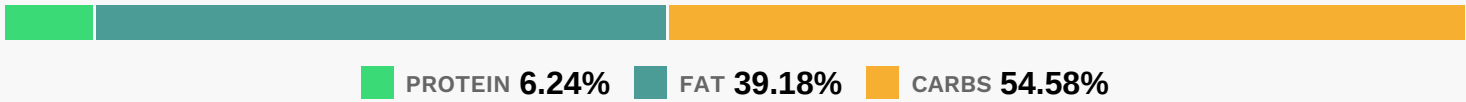
Directions

- ☐ Using electric mixer, beat butter and 1/2 cup sugar in large bowl until fluffy. Beat in lemon peel and salt, then egg yolks. Beat in cornmeal, then flour. Stir in raisins. Knead dough just to combine; transfer to sheet of plastic wrap. Using plastic, form dough into 2x9-inch log. Chill until firm, 3 hours or up to 1 day.
- ☐ Preheat oven to 325°F. Line large baking sheet with parchment paper. Slice dough log into 1/4-inch-thick rounds. Arrange rounds on prepared baking sheet, spacing 1 inch apart and reshaping into rounds if uneven.
- ☐ Bake cookies until golden at edges, about 15 minutes.
- ☐ Transfer to rack. Dust with powdered sugar and cool completely. (Can be made 3 days ahead. Store airtight at room temperature.)
- ☐ Whisk egg yolks and sugar in large metal bowl to blend; gradually whisk in Moscato. Set bowl over saucepan of simmering water (do not allow bowl to touch water).
- ☐ Whisk until mixture is thick and foamy and thermometer inserted into mixture registers 160°F, about 4 minutes. Divide zabaglione among 6 wineglasses.

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Serve immediately, passing cookies alongside.

Nutrition Facts



Properties

Glycemic Index:45.04, Glycemic Load:35.99, Inflammation Score:-5, Nutrition Score:10.343043534652%

Flavonoids

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 491.43kcal (24.57%), Fat: 21.01g (32.32%), Saturated Fat: 11.55g (72.17%), Carbohydrates: 65.83g (21.94%), Net Carbohydrates: 63.09g (22.94%), Sugar: 30.5g (33.89%), Cholesterol: 224.27mg (74.76%), Sodium: 207.64mg (9.03%), Alcohol: 2.6g (100%), Alcohol %: 2.3% (100%), Protein: 7.53g (15.05%), Selenium: 19.58µg (27.97%), Folate: 78.16µg (19.54%), Vitamin B1: 0.28mg (18.45%), Manganese: 0.33mg (16.61%), Vitamin B2: 0.28mg (16.3%), Phosphorus: 150.55mg (15.06%), Vitamin A: 718.03IU (14.36%), Iron: 2.43mg (13.47%), Fiber: 2.74g (10.96%), Vitamin B6: 0.21mg (10.57%), Vitamin B3: 2.09mg (10.47%), Vitamin D: 1.2µg (8.01%), Copper: 0.16mg (7.8%), Vitamin B5: 0.75mg (7.5%), Zinc: 1.06mg (7.1%), Magnesium: 27.8mg (6.95%), Potassium: 235.55mg (6.73%), Vitamin E: 0.97mg (6.44%), Vitamin B12: 0.36µg (6.06%), Calcium: 41.95mg (4.19%), Vitamin K: 2.21µg (2.1%), Vitamin C: 1.03mg (1.25%)