



Orange Supreme Gratinée with Tangy Sabayon Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 30 ounce mandarin orange segents drained canned
- ☐ 2 egg yolks
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons cooking wine sweetened such as marsala

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler
- ☐ broiler

Directions

- ☐ Preheat the broiler on low.
- ☐ Place the oranges in a medium ovenproof dish, or divide among 4 ovenproof custard dishes. Spoon the Tangy Sabayon Sauce over the top (a couple tablespoons over each if using the individual dishes).
- ☐ Sprinkle with brown sugar.
- ☐ Place on a baking sheet, place under the broiler, and cook until golden to dark brown. Watch very closely for burning!
- ☐ Serve immediately.
- ☐ Place the egg yolks, sugar, and wine in a metal bowl.
- ☐ Place the bowl over a saucepan of barely simmering water, making a double boiler.
- ☐ Whisk the mixture constantly until it foams and then becomes creamy and doubles in size, about 5 minutes.
- ☐ Mixture should be uncomfortably warm to the touch, but not burning.
- ☐ Remove the pan from the heat and whisk in the sour cream.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:6.31, Inflammation Score:-9, Nutrition Score:11.413478293173%

Nutrients (% of daily need)

Calories: 179.39kcal (8.97%), Fat: 3.08g (4.74%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 32.97g (11.99%), Sugar: 32.56g (36.17%), Cholesterol: 98.97mg (32.99%), Sodium: 18.03mg (0.78%), Alcohol: 0.78g (100%), Alcohol %: 0.4% (100%), Protein: 3.11g (6.22%), Vitamin C: 72.11mg (87.4%), Vitamin A: 2938.06IU (58.76%), Vitamin B1: 0.2mg (13.59%), Fiber: 2.55g (10.21%), Potassium: 318.31mg (9.09%), Zinc: 1.36mg (9.04%), Selenium: 6.14µg (8.77%), Vitamin B2: 0.12mg (7.17%), Vitamin B6: 0.13mg (6.53%), Magnesium: 25.5mg (6.38%), Phosphorus: 62.51mg (6.25%), Folate: 24.09µg (6.02%), Iron: 0.9mg (4.98%), Copper: 0.1mg (4.93%), Vitamin B3: 0.97mg (4.85%), Calcium: 45.82mg (4.58%), Vitamin E: 0.56mg (3.75%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (3.03%), Vitamin B5: 0.29mg (2.9%)