



Peach Sabayon with Balsamic Peaches



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 large egg yolks
- ☐ 3 tablespoons peach brandy
- ☐ 3 medium peaches pitted halved cut into 6 wedges (1 lb total)
- ☐ 0.3 cup sugar

Equipment

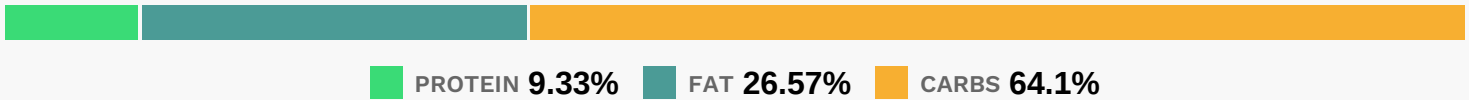
- ☐ bowl

- ☐ sauce pan
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Gently toss peaches with vinegar and 1 tablespoon sugar, then let macerate 30 minutes.
- ☐ When peaches have macerated 15 minutes, combine yolks, wine, brandy, and remaining 3 tablespoons sugar in a large metal bowl set over a saucepan of barely simmering water and beat with a handheld electric mixer at medium-high speed until sabayon registers 140°F on thermometer, about 7 minutes. Continue beating over simmering water until sabayon has tripled in volume and forms a thick ribbon when beaters are lifted, about 4 minutes more.
- ☐ Remove bowl from saucepan.
- ☐ Divide peaches and their juice among 4 bowls and top with sabayon.

Nutrition Facts



Properties

Glycemic Index:53.9, Glycemic Load:13.3, Inflammation Score:-5, Nutrition Score:6.4334782413814%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 173.37kcal (8.67%), Fat: 4.88g (7.51%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 24.63g (8.96%), Sugar: 23.51g (26.12%), Cholesterol: 183.6mg (61.2%), Sodium: 25.93mg (1.13%), Alcohol: 2.06g (100%), Alcohol %: 1.49% (100%), Protein: 3.85g (7.71%), Selenium: 12.21µg (17.44%), Vitamin A: 648.04IU (12.96%), Phosphorus: 97.56mg (9.76%), Vitamin E: 1.34mg (8.94%), Folate: 32.44µg (8.11%), Vitamin B2:

0.13mg (7.85%), Fiber: 1.85g (7.42%), Vitamin B5: 0.71mg (7.06%), Vitamin C: 5.07mg (6.14%), Vitamin D: 0.92µg (6.12%), Manganese: 0.11mg (5.6%), Copper: 0.11mg (5.59%), Vitamin B12: 0.33µg (5.52%), Iron: 0.96mg (5.35%), Potassium: 186.56mg (5.33%), Vitamin B3: 1.02mg (5.11%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.7mg (4.68%), Vitamin B1: 0.06mg (4.04%), Vitamin K: 3.91µg (3.72%), Magnesium: 13.04mg (3.26%), Calcium: 29.47mg (2.95%)