



Pears Sabayon



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 4 egg yolks
- ☐ 0.8 cup heavy cream
- ☐ 28 ounce pears chilled drained canned
- ☐ 1 Dash salt
- ☐ 0.3 cup cooking sherry

Equipment

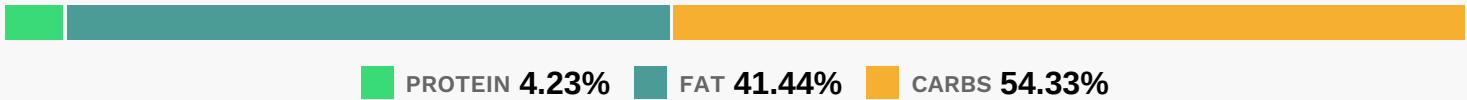
- ☐ bowl

- ☐ sauce pan
- ☐ blender
- ☐ double boiler

Directions

- ☐ In the top of a double boiler or in a heavy-bottomed saucepan, beat egg yolks with sugar, salt, and sherry. Beat until smooth. Cook for 8 to 10 minutes or until sauce thickens, stirring constantly.
- ☐ Remove from heat and let cool completely. In the bowl of a mixer, whip cream until it holds peaks. When sauce has cooled completely, gently fold in whipped cream.
- ☐ Serve over chilled, drained pears for a quick and easy cool dessert.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:4.5899999994506%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 225.9kcal (11.29%), Fat: 10.58g (16.27%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.13g (10.23%), Sugar: 25.12g (27.91%), Cholesterol: 122.41mg (40.8%), Sodium: 16.86mg (0.73%), Alcohol: 0.77g (100%), Alcohol %: 0.64% (100%), Protein: 2.43g (4.85%), Fiber: 3.08g (12.3%), Vitamin A: 482.58IU (9.65%), Selenium: 5.91µg (8.44%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 61.3mg (6.13%), Vitamin D: 0.84µg (5.62%), Vitamin C: 4.4mg (5.33%), Folate: 21.05µg (5.26%), Vitamin K: 5.17µg (4.93%), Copper: 0.09mg (4.61%), Potassium: 151.73mg (4.34%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.56mg (3.71%), Calcium: 36.09mg (3.61%),

Vitamin B6: 0.07mg (3.59%), Vitamin B12: 0.21µg (3.52%), Manganese: 0.06mg (3.11%), Iron: 0.48mg (2.64%), Zinc: 0.37mg (2.47%), Magnesium: 9.71mg (2.43%), Vitamin B1: 0.03mg (2.17%)