



Pistachio Semifreddo

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



882 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 6 large egg whites
- 2 cups cup heavy whipping cream chilled
- 6.5 ounces pistachios salted shelled
- 1 cup sugar

Equipment

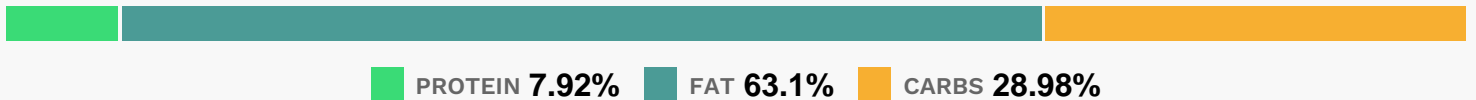
- food processor
- bowl

- blender
- hand mixer

Directions

- Pulse 1 cup pistachios with 1/2 cup plus 2 tablespoons sugar in a food processor until very finely ground.
- Add remaining 1/2 cup pistachios and pulse until just coarsely ground.
- Beat egg whites in a bowl with an electric mixer at medium speed until they just hold soft peaks. Beat in remaining 1/4 cup plus 2 tablespoons sugar, a little at a time, then increase speed to high and beat until meringue just holds stiff, glossy peaks.
- Beat cream with almond extract in a wide bowl with mixer at high speed until it just holds soft peaks.
- Fold meringue into cream gently but thoroughly, then fold in nut mixture in same manner. Spoon into a 2-quart dish and freeze, covered, until firm enough to scoop, about 4 hours.
- Let soften slightly before serving.
- The egg whites in this recipe are not cooked, which may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:36.33, Inflammation Score:-8, Nutrition Score:17.302173925483%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 882.46kcal (44.12%), Fat: 64.11g (98.64%), Saturated Fat: 29.93g (187.06%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 61.5g (22.36%), Sugar: 57.29g (63.65%), Cholesterol: 134.47mg (44.82%), Sodium:

115.28mg (5.01%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 18.11g (36.23%), Vitamin B6: 0.83mg (41.37%), Vitamin A: 1940.48IU (38.81%), Copper: 0.63mg (31.35%), Vitamin B2: 0.52mg (30.85%), Phosphorus: 302.19mg (30.22%), Vitamin B1: 0.43mg (28.44%), Manganese: 0.56mg (28.1%), Selenium: 16.99µg (24.28%), Potassium: 667.3mg (19.07%), Fiber: 4.74g (18.98%), Magnesium: 69.55mg (17.39%), Vitamin E: 2.15mg (14.36%), Calcium: 130.9mg (13.09%), Vitamin D: 1.9µg (12.69%), Iron: 1.99mg (11.05%), Zinc: 1.32mg (8.79%), Folate: 30.23µg (7.56%), Vitamin B5: 0.64mg (6.37%), Vitamin C: 3.29mg (3.99%), Vitamin B12: 0.23µg (3.92%), Vitamin B3: 0.73mg (3.64%), Vitamin K: 3.81µg (3.63%)