



Pistachio, Strawberry and Vanilla Semifreddo



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups heavy whipping cream chilled
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 ounces strawberries fresh hulled halved
- ☐ 4 tablespoons sugar divided
- ☐ 1 cup pistachios unsalted shelled
- ☐ 1 vanilla pod halved lengthwise

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole divided

Equipment

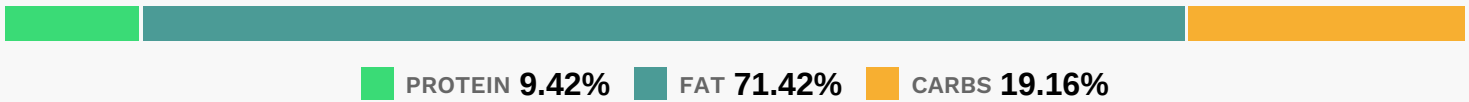
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ drinking straws

Directions

- ☐ Line a metal loaf pan (approximately 9x5x3") with 2 layers of plastic wrap, leaving generous overhang on all sides.
- ☐ Grind pistachios and 2 tablespoons sugar in a food processor until very finely chopped.
- ☐ Transfer pistachio mixture to a small sauce- pan.
- ☐ Add 1/2 cup milk; bring to a boil.
- ☐ Remove from heat, cover, and let steep for 20 minutes. Set a fine-mesh strainer over a medium bowl; strain, discarding solids. Stir in almond extract; set pistachio mixture aside.
- ☐ Place remaining 1/2 cup milk in a separate small saucepan. Scrape in seeds from vanilla bean; add bean and bring to a simmer. Re- move from heat, cover, and let steep for 15 minutes. Set a strainer over another medium bowl; strain, discarding solids, and chill vanilla mixture.
- ☐ Purée strawberries and 2 tablespoons sugar in a food processor until smooth. Set a fine-mesh strainer over another medium bowl; strain, pressing on solids to extract as much juice as possible. Discard solids. Stir in vanilla extract and set strawberry mixture aside.

- ☐ Whisk eggs, salt, and remaining 1/2 cup sugar in a medium metal bowl. Set bowl over a medium saucepan of simmering water (do not allow bottom of bowl to touch water). Beat egg mixture at high speed until it triples in volume and an instant-read thermometer inserted into mixture registers 170°F, about 3 minutes.
- ☐ Remove bowl from over water and continue beating until thick and cool, about 3 minutes.
- ☐ Add one-third of egg mixture to each of the pistachio, strawberry, and vanilla mixtures; fold each just to blend.
- ☐ Beat cream in a large bowl until soft peaks form.
- ☐ Add one-third of cream to each of the pistachio, strawberry, and vanilla mixtures; fold each just to blend. Cover vanilla and strawberry mixtures separately; chill.
- ☐ Pour pistachio mixture into pan; smooth top. Cover; freeze until firm, about 45 minutes. Gently pour strawberry mixture over pistachio layer; smooth top. Freeze until firm, about 45 minutes. Gently fold vanilla mixture to blend; pour over and smooth top. Freeze until firm, about 4 hours. DO AHEAD: Can be made 3 days ahead. Fold plastic wrap over; seal tightly and keep frozen.
- ☐ Uncover semifreddo. Using plastic wrap as an aid, lift from mold. Invert onto a chilled platter; peel off plastic. Slice crosswise.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:6.4269565758498%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.82mg, Pelargonidin: 2.82mg, Pelargonidin: 2.82mg, Pelargonidin: 2.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 231.91kcal (11.6%), Fat: 18.95g (29.15%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.94g (3.61%), Sugar: 8.5g (9.44%), Cholesterol: 75.99mg (25.33%), Sodium: 91.12mg (3.96%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 5.62g (11.24%), Phosphorus: 123.29mg (12.33%), Vitamin A: 593.23IU (11.86%), Manganese: 0.2mg (10.11%), Vitamin B2: 0.17mg (10.1%), Vitamin B6: 0.19mg (9.31%), Copper: 0.18mg (8.79%), Vitamin C: 7.23mg (8.76%), Selenium: 5.79µg (8.27%), Vitamin B1: 0.11mg (7.48%), Calcium: 71.67mg (7.17%), Vitamin D: 0.98µg (6.51%), Potassium: 222.97mg (6.37%), Fiber: 1.49g (5.97%), Magnesium: 21.29mg (5.32%), Vitamin E: 0.71mg (4.73%), Vitamin B12: 0.27µg (4.53%), Iron: 0.75mg (4.18%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.4mg (4.03%), Folate: 14.96µg (3.74%), Vitamin K: 2.99µg (2.85%), Vitamin B3: 0.27mg (1.34%)