



## Plum Semifreddo

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

### Ingredients

- 3 large egg whites
- 0.5 teaspoon ground cardamom
- 1 cup heavy cream chilled
- 8 servings kosher salt
- 1.5 pounds plums red cut into chunks
- 1 cup sugar divided
- 0.5 teaspoon vanilla extract

### Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- blender
- plastic wrap
- loaf pan
- hand mixer
- stand mixer

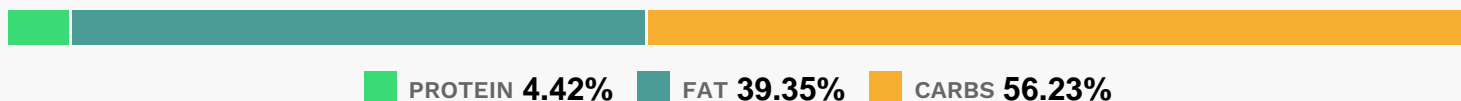
## Directions

- Coat a 9x5" loaf pan with nonstick spray and line with plastic wrap, leaving a generous overhang on all sides.
- Combine plums, cardamom, 1/3 cup sugar, and a pinch of salt in a medium saucepan. Cover and cook over medium heat, stirring occasionally, until plums release their juices, about 5 minutes. Uncover and cook until plums soften and start to fall apart, 6–8 minutes longer.
- Let cool slightly.
- Purée plum mixture in a blender until very smooth. Strain through a fine-mesh sieve into a medium bowl, pressing on solids.
- Let cool. Set aside 1 cup purée for serving.
- Whisk egg whites, a pinch of salt, and remaining 2/3 cup sugar in a medium heatproof bowl (or the bowl of a stand mixer) and set over a saucepan of simmering water (do not let bowl touch water).
- Heat, whisking constantly, until sugar is dissolved and mixture is warm to the touch, about 4 minutes.
- Remove bowl from saucepan.
- Add vanilla and, using an electric mixer on high speed, beat until mixture is tripled in volume, glossy, and completely cool, about 10 minutes.
- Using clean beaters, whip cream in another medium bowl until soft peaks form. Fold 1/3 of whipped cream into eggwhite mixture until just combined. Fold in remaining whipped cream

until just combined. Fold in plum purée just until large streaks appear throughout mixture.

- Transfer mixture to prepared pan and smooth top. Fold plastic wrap overhang over top and freeze until firm, at least 8 hours.
- Unwrap semifreddo and, using plastic overhang, gently lift from pan. Invert semifreddo onto a large platter, remove plastic wrap, and slice 1" thick; transfer to plates and let sit at least 5 minutes to soften slightly.
- Serve with reserved plum purée.
- DO AHEAD: Plum purée can be made 3 days ahead. Cover and chill. Semifreddo can be made 3 days ahead. Keep frozen.

## Nutrition Facts



## Properties

Glycemic Index:14.22, Glycemic Load:20.74, Inflammation Score:-5, Nutrition Score:3.8530435095663%

## Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg

## Nutrients (% of daily need)

Calories: 244.07kcal (12.2%), Fat: 11.09g (17.06%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 34.42g (12.52%), Sugar: 34.38g (38.19%), Cholesterol: 33.62mg (11.21%), Sodium: 222.66mg (9.68%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 2.8g (5.61%), Vitamin A: 730.74IU (14.61%), Vitamin C: 8.28mg (10.04%), Vitamin B2: 0.14mg (8.09%), Vitamin K: 6.4µg (6.09%), Potassium: 184.27mg (5.26%), Selenium: 3.52µg (5.03%), Fiber: 1.23g (4.9%), Manganese: 0.08mg (4.15%), Phosphorus: 32.96mg (3.3%), Vitamin E: 0.49mg (3.3%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (2.86%), Calcium: 26.48mg (2.65%), Magnesium: 9.72mg (2.43%), Vitamin B5: 0.21mg (2.14%), Vitamin B1: 0.03mg (2.04%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.04mg (1.8%), Folate: 5.94µg (1.48%), Iron: 0.22mg (1.2%), Zinc: 0.17mg (1.15%)