



Raspberries with Saba Sabayon



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 4 large egg yolk
- ☐ 0.3 cup powdered sugar
- ☐ 12 ounces raspberries fresh
- ☐ 2 tablespoons water
- ☐ 0.5 cup whipping cream chilled

Equipment

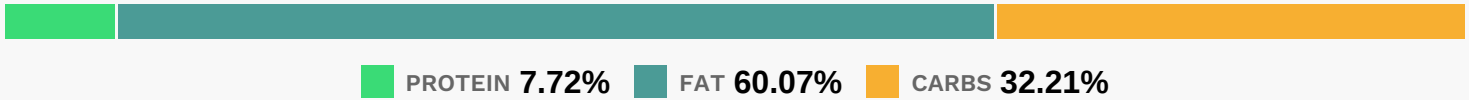
- ☐ bowl
- ☐ whisk

- ☐ pot
- ☐ plastic wrap
- ☐ double boiler
- ☐ kitchen thermometer

Directions

- ☐ Whisk egg yolks, sugar, saba, and 2 tablespoons water to blend in top of double boiler over barely simmering water (do not allow upper pot to touch water); whisk constantly until mixture thickens and thermometer registers 160°F, about 4 minutes.
- ☐ Place top of double boiler over large bowl filled with ice; continue whisking until mixture cools, about 3 minutes. Whip cream in small bowl until soft peaks form; fold into saba mixture. Cover sabayon with plastic wrap and refrigerate until cold, at least 1 hour and up to 4 hours.
- ☐ Divide raspberries among dessert coupes. Spoon sabayon over and serve.
- ☐ *A lightly sweet, unfermented syrup made primarily from the must of Trebbiano grapes. Available at specialty foods stores and Surfas (310-559-4770; surfasonline.com) and Zingerman's (888-636-8162; zingermans.com).

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:9.8700000617815%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 229.29kcal (11.46%), Fat: 15.8g (24.3%), Saturated Fat: 8.48g (53.01%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 13.53g (4.92%), Sugar: 12.06g (13.4%), Cholesterol: 217.22mg (72.41%), Sodium: 17.57mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Manganese: 0.58mg (28.99%), Vitamin C: 22.46mg (27.23%), Fiber: 5.53g (22.11%), Selenium: 10.63µg (15.18%), Vitamin A: 710.53IU (14.21%), Folate: 43.87µg (10.97%), Phosphorus: 108.22mg (10.82%), Vitamin B2: 0.18mg (10.55%), Vitamin E: 1.45mg (9.68%), Vitamin D: 1.39µg (9.29%), Vitamin B5: 0.86mg (8.64%), Vitamin K: 7.7µg (7.34%), Vitamin B12: 0.38µg (6.32%), Calcium: 63.13mg (6.31%), Iron: 1.09mg (6.03%), Vitamin B6: 0.12mg (5.83%), Zinc: 0.82mg (5.47%), Magnesium: 21.72mg (5.43%), Potassium: 175.37mg (5.01%), Copper: 0.09mg (4.73%), Vitamin B1: 0.06mg (4.21%), Vitamin B3: 0.53mg (2.66%)