



Raspberry-Nectarine Parfaits with Warm Peach Sabayon

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



248 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 1 pound nectarines pitted halved thinly sliced (4 medium)
- 0.3 cup peaches
- 0.3 cup peach nectar canned
- 2.5 cups raspberries fresh divided
- 1 pinch salt
- 0.5 cup sugar divided

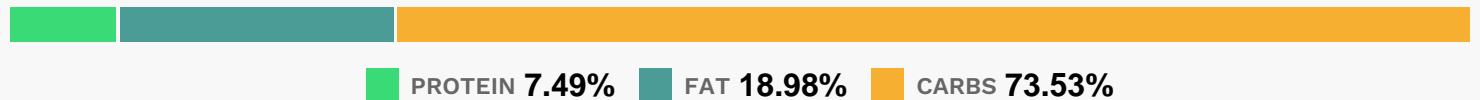
Equipment

- bowl
- sauce pan
- whisk
- kitchen thermometer

Directions

- Toss nectarines, 2 cups raspberries, and 1/4 cup sugar in medium bowl.
- Let stand until juices form, about 5 minutes.
- Whisk egg yolks, nectar, liqueur, salt, and 1/4 cup sugar in large metal bowl to blend.
- Place bowl over saucepan of boiling water; whisk until mixture is thick and thermometer inserted into center registers at least 160°F, about 6 minutes.
- Divide fruit mixture among 4 large glasses. Spoon warm peach sabayon over.
- Garnish with remaining berries and sliced almonds, if desired.
- One serving contains the following: 243.94 Calories (kcal), 17.6% Calories from Fat, 4.77 (g)
- Self

Nutrition Facts



Properties

Glycemic Index:44.84, Glycemic Load:22.58, Inflammation Score:-6, Nutrition Score:11.15695648608%

Flavonoids

Cyanidin: 36.93mg, Cyanidin: 36.93mg, Cyanidin: 36.93mg, Cyanidin: 36.93mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 4.84mg, Catechin: 4.84mg, Catechin: 4.84mg, Catechin: 4.84mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg Epigallocatechin 3-gallate:

0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 248.43kcal (12.42%), Fat: 5.53g (8.51%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 41.48g (15.08%), Sugar: 40.63g (45.14%), Cholesterol: 183.6mg (61.2%), Sodium: 37.13mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Manganese: 0.58mg (29.2%), Vitamin C: 23.33mg (28.28%), Fiber: 6.74g (26.96%), Vitamin A: 731.28IU (14.63%), Selenium: 10.06µg (14.38%), Vitamin E: 1.91mg (12.76%), Folate: 48.16µg (12.04%), Phosphorus: 120.27mg (12.03%), Vitamin B5: 0.99mg (9.94%), Vitamin B2: 0.16mg (9.4%), Copper: 0.19mg (9.33%), Vitamin B3: 1.82mg (9.09%), Potassium: 298.8mg (8.54%), Vitamin K: 8.77µg (8.36%), Iron: 1.38mg (7.68%), Magnesium: 29.16mg (7.29%), Vitamin B1: 0.11mg (7.15%), Vitamin B6: 0.14mg (6.96%), Zinc: 0.97mg (6.47%), Vitamin D: 0.92µg (6.12%), Vitamin B12: 0.33µg (5.52%), Calcium: 44.83mg (4.48%)