

Rhubarb Sabayon with Strawberries



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs
- ☐ 1 cup muscat pumpkin
- ☐ 1 cup rhubarb fresh chopped (2 large ribs)
- ☐ 1 qt strawberries fresh trimmed quartered
- ☐ 0.5 cup sugar

Equipment

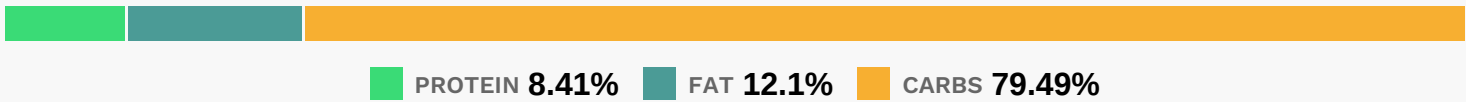
- ☐ bowl
- ☐ sauce pan

- ☐ ladle
- ☐ blender
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Bring rhubarb, sugar, and wine to a simmer in a small heavy saucepan, stirring until sugar is dissolved, then simmer, uncovered, until rhubarb is tender and begins to fall apart, about 5 minutes. Purée in a blender until smooth (use caution when blending hot liquids).
- ☐ Divide strawberries among 6 stemmed glasses.
- ☐ Beat eggs in a large deep metal bowl with a handheld electric mixer at medium-high speed 1 minute, then add hot rhubarb purée in a stream, beating constantly. Put bowl over a saucepan of simmering water and beat until mixture is tripled in volume, very thick, and registers 160°F on thermometer, about 6 minutes.
- ☐ Remove from heat and ladle sabayon over strawberries.
- ☐ Serve immediately.
- ☐ • Rhubarb purée can be made 2 hours ahead and kept at room temperature. Reheat before adding to eggs.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:11.008260830589%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3-gallate: 0.36mg,

Epicatechin 3–gallate: 0.36mg, Epicatechin 3–gallate: 0.36mg, Epicatechin 3–gallate: 0.36mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 175.08kcal (8.75%), Fat: 2.15g (3.31%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 28.3g (10.29%), Sugar: 24.63g (27.37%), Cholesterol: 62mg (20.67%), Sodium: 26.22mg (1.14%), Alcohol: 3.47g (100%), Alcohol %: 1.75% (100%), Protein: 3.37g (6.73%), Vitamin C: 94.37mg (114.39%), Manganese: 0.65mg (32.7%), Fiber: 3.52g (14.08%), Folate: 47.11µg (11.78%), Potassium: 323.21mg (9.23%), Vitamin K: 9.48µg (9.03%), Selenium: 6.07µg (8.67%), Phosphorus: 73.7mg (7.37%), Vitamin B2: 0.12mg (7.07%), Magnesium: 24.94mg (6.24%), Iron: 0.99mg (5.51%), Vitamin B6: 0.11mg (5.37%), Calcium: 52.22mg (5.22%), Vitamin B5: 0.47mg (4.7%), Copper: 0.09mg (4.66%), Vitamin E: 0.69mg (4.58%), Vitamin B3: 0.68mg (3.41%), Vitamin B1: 0.05mg (3.24%), Zinc: 0.46mg (3.05%), Vitamin A: 129.67IU (2.59%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)