



## Semifreddo with Cola and Cherries

 Vegetarian  Gluten Free

READY IN



720 min.

SERVINGS



3

CALORIES



576 kcal

DESSERT

### Ingredients

- 1 pinch pepper black freshly ground
- 2 cups cherries halved
- 1 cup coca-cola
- 3 egg yolk
- 1 pinch mace
- 1.3 cup cup heavy whipping cream
- 6 tablespoons sugar

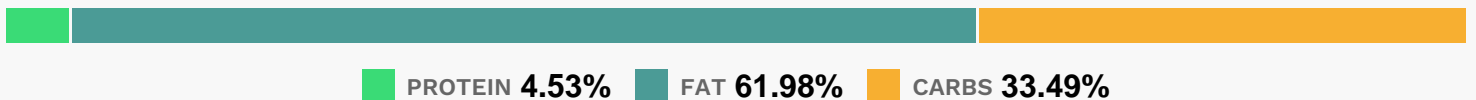
### Equipment

- bowl
- sauce pan
- whisk
- mixing bowl
- pot
- plastic wrap

## Directions

- For the Semifreddo: Whip the cream to stiff peaks, set aside.
- Combine the yolks, Lambrusco, cola, sugar and mace in a large mixing bowl and whisk to thoroughly incorporate.
- Place over a large pot of simmering water and whisk constantly for about ten minutes, until completely turned to foamy peaks and hot to the touch (see note above).
- Remove from over water and whisk until cooled to room temperature. Fold sabayon into cream, then scrape into a container and place plastic wrap onto the surface. Freeze overnight or until firm throughout.
- Combine all ingredients in a medium saucepan and simmer over medium heat until cherries are soft and syrup is thick and reduced.
- Serve: Scoop semifreddo into chilled bowls and top with warm cherries and reduction.

## Nutrition Facts



## Properties

Glycemic Index:62.36, Glycemic Load:24.31, Inflammation Score:-7, Nutrition Score:9.6217391335446%

## Flavonoids

Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg, Cyanidin: 27.79mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## **Nutrients (% of daily need)**

Calories: 576.26kcal (28.81%), Fat: 40.95g (63.01%), Saturated Fat: 24.59g (153.72%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 47.79g (17.38%), Sugar: 45.78g (50.87%), Cholesterol: 306.46mg (102.15%), Sodium: 39.08mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.29mg (2.1%), Protein: 6.73g (13.47%), Vitamin A: 1779.04IU (35.58%), Selenium: 13.29µg (18.98%), Vitamin B2: 0.32mg (18.7%), Vitamin D: 2.56µg (17.06%), Phosphorus: 155.32mg (15.53%), Calcium: 103.43mg (10.34%), Vitamin B5: 0.97mg (9.75%), Vitamin E: 1.44mg (9.61%), Potassium: 322.11mg (9.2%), Vitamin C: 7.11mg (8.61%), Folate: 34.19µg (8.55%), Vitamin B12: 0.51µg (8.49%), Fiber: 2.01g (8.03%), Vitamin B6: 0.14mg (7.17%), Iron: 1.07mg (5.94%), Vitamin B1: 0.08mg (5.16%), Vitamin K: 5.29µg (5.03%), Zinc: 0.74mg (4.95%), Magnesium: 18.56mg (4.64%), Copper: 0.09mg (4.56%), Manganese: 0.09mg (4.35%), Vitamin B3: 0.21mg (1.07%)