



Sherried Zabaglione with Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups blackberries fresh
- ☐ 3 tablespoons cream sherry
- ☐ 2 large eggs
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 5 tablespoons sugar

Equipment

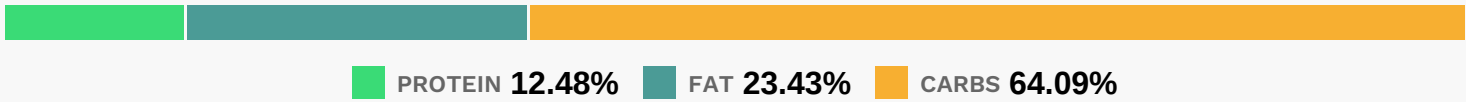
- ☐ frying pan
- ☐ whisk

- ☐ double boiler
- ☐ kitchen thermometer

Directions

- ☐ Combine first 3 ingredients in top of a double boiler. Cook over simmering water until thick (about 4 minutes) and a thermometer registers 160, stirring mixture constantly with a whisk.
- ☐ Remove top pan from heat; whisk the mixture an additional 2 minutes. Gently whisk in sour cream.
- ☐ Serve zabaglione immediately over berries.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:11.29, Inflammation Score:-5, Nutrition Score:7.6121739667395%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.77mg, Catechin: 26.77mg, Catechin: 26.77mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 145.93kcal (7.3%), Fat: 3.73g (5.74%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 19.15g (6.97%), Sugar: 18.7g (20.78%), Cholesterol: 96.15mg (32.05%), Sodium: 44.4mg (1.93%), Alcohol: 1.16g (100%), Alcohol %: 1.11% (100%), Protein: 4.47g (8.95%), Manganese: 0.49mg (24.29%), Vitamin C: 15.2mg (18.43%), Fiber: 3.82g (15.26%), Vitamin K: 14.42µg (13.73%), Selenium: 8.34µg (11.92%), Vitamin B2: 0.15mg (8.72%), Folate: 30.85µg (7.71%), Vitamin E: 1.13mg (7.55%), Phosphorus: 73.75mg (7.38%), Copper: 0.14mg (6.99%), Vitamin A: 318.6IU (6.37%), Vitamin B5: 0.59mg (5.87%), Iron: 0.93mg (5.16%), Potassium: 178.51mg (5.1%), Zinc: 0.76mg (5.09%), Calcium: 48.73mg (4.87%), Magnesium: 19.42mg (4.86%), Vitamin B12: 0.26µg (4.34%), Vitamin

B6: 0.07mg (3.58%), Vitamin D: 0.52µg (3.45%), Vitamin B3: 0.5mg (2.51%), Vitamin B1: 0.03mg (1.9%)