



## Spicy Zabaglione with Strawberries and Chocolate

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



608 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 4 egg yolks
- 0.3 cup heavy cream
- 0.8 cup marsala wine sweet
- 0.5 cup pistachios salted whole shelled
- 1 cup semi chocolate chips
- 16 medium strawberries hulled sliced

0.3 cup sugar

## Equipment

bowl

frying pan

whisk

## Directions

For the zabaglione: In a medium bowl, whisk together the egg yolks, wine, sugar, and cayenne pepper.

Place the bowl over a pan of gently boiling water and whisk vigorously until thick and foamy, 6 to 8 minutes. Set aside.

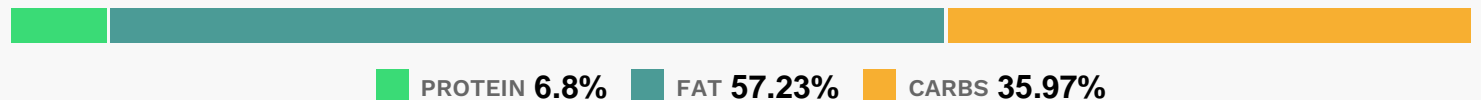
For the chocolate sauce: Reduce the pan of water to a simmer.

Place the chocolate chips and cream in a small bowl.

Place the bowl over the pan of simmering water and stir until the chocolate has melted and the mixture is smooth, about 5 minutes.

Spoon the chocolate sauce into 4 small dessert bowls. Arrange the sliced strawberries on top. Spoon the zabaglione on top of the strawberries and sprinkle with the pistachio nuts, if using.

## Nutrition Facts



## Properties

Glycemic Index:40.02, Glycemic Load:10.3, Inflammation Score:-7, Nutrition Score:17.796956476958%

## Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Petunidin: 3.04mg, Petunidin: 3.04mg, Petunidin: 3.04mg, Petunidin: 3.04mg Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg Malvidin: 42.68mg, Malvidin: 42.68mg, Malvidin: 42.68mg, Malvidin: 42.68mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 1.79mg, Peonidin: 1.79mg, Peonidin: 1.79mg, Peonidin: 1.79mg Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg

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

Calories: 608.23kcal (30.41%), Fat: 36.35g (55.93%), Saturated Fat: 17.06g (106.63%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 45.22g (16.44%), Sugar: 36.71g (40.79%), Cholesterol: 219.51mg (73.17%), Sodium: 23.34mg (1.01%), Alcohol: 6.89g (100%), Alcohol %: 4.28% (100%), Caffeine: 38.7mg (12.9%), Protein: 9.72g (19.44%), Manganese: 1.03mg (51.63%), Copper: 0.82mg (41.11%), Vitamin C: 29.3mg (35.51%), Phosphorus: 289.98mg (29%), Magnesium: 110.57mg (27.64%), Fiber: 6.18g (24.71%), Iron: 4.28mg (23.77%), Selenium: 16.03µg (22.91%), Vitamin B6: 0.37mg (18.61%), Potassium: 568.81mg (16.25%), Zinc: 2.1mg (13.97%), Vitamin A: 695.19IU (13.9%), Vitamin B1: 0.2mg (13.59%), Vitamin B2: 0.2mg (11.83%), Folate: 46.57µg (11.64%), Vitamin E: 1.44mg (9.62%), Calcium: 91.94mg (9.19%), Vitamin B5: 0.88mg (8.78%), Vitamin D: 1.29µg (8.6%), Vitamin B12: 0.46µg (7.73%), Vitamin K: 5.16µg (4.91%), Vitamin B3: 0.89mg (4.43%)