



Strawberry Sundaes with Prosecco Sabayon



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 1 tablespoon plus light
- ☐ 4 large egg yolks
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 2 pints strawberry sorbet
- ☐ 16 ounces strawberries fresh divided sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup prosecco

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve

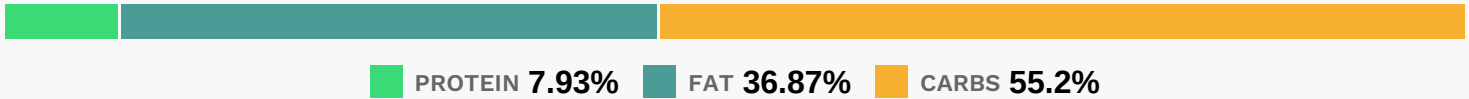
Directions

- ☐ Preheat oven to 325°F. Line baking sheet with parchment paper; spray parchment with nonstick spray. Toss almonds with corn syrup in small bowl, then add sugar and toss (sugar coating will resemble wet sand).
- ☐ Spread in single layer on baking sheet.
- ☐ Bake until golden, stirring occasionally, about 20 minutes. Cool slightly on baking sheet, then break up any large clusters of almonds. **DO AHEAD:** Can be made 1 day ahead. Store in airtight container at room temperature.
- ☐ Combine 1 cup sliced strawberries, 2 tablespoons sugar, and 3 tablespoons Prosecco in processor. Puree until smooth.
- ☐ Pour puree into strainer set over bowl and press on solids to extract as much liquid and pulp as possible; discard solids in strainer. Toss remaining 3 cups strawberries and remaining 2 tablespoons sugar in medium bowl; let stand at room temperature until juices form, tossing occasionally, about 30 minutes.
- ☐ Mix strawberry puree into sliced strawberries. **DO AHEAD:** Can be made 8 hours ahead. Cover and chill.
- ☐ Beat heavy whipping cream in medium bowl until peaks form; refrigerate until ready to use. Fill large bowl halfway with ice and cold water.
- ☐ Whisk egg yolks and sugar to blend in medium metal bowl; add 1/2 cup Prosecco and whisk to blend. Set bowl over saucepan of simmering water and whisk constantly and vigorously until mixture is thick and resembles softly beaten whipping cream, about 6 minutes. Set bowl with sabayon in bowl of ice and cold water and whisk until sabayon is cool, about 6 minutes. Fold

in chilled whipped cream. DO AHEAD: Sabayon can be made 8 hours ahead. Cover and chill.

- Spoon 1/4 cup strawberry compote into each of 6 dessert glasses or bowls. Top each with 1 scoop strawberry sorbet; sprinkle each with 1 tablespoon sugared almonds. Repeat layering with 1/4 cup strawberry compote, 1 scoop sorbet, and 1 tablespoon sugared almonds. Top each with large spoonful of sabayon; sprinkle each with 1 tablespoon sugared almonds and serve.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:8.21, Inflammation Score:-6, Nutrition Score:12.753478247186%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 464.57kcal (23.23%), Fat: 18.86g (29.02%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 57.12g (20.77%), Sugar: 46.33g (51.48%), Cholesterol: 144.81mg (48.27%), Sodium: 121.11mg (5.27%), Alcohol: 1.26g (100%), Alcohol %: 0.51% (100%), Protein: 9.13g (18.27%), Vitamin C: 44.57mg (54.03%), Manganese: 0.65mg (32.45%), Vitamin E: 4.62mg (30.8%), Fiber: 6.43g (25.7%), Vitamin B2: 0.29mg (17.18%), Phosphorus: 150.55mg (15.06%), Magnesium: 55.19mg (13.8%), Selenium: 7.99µg (11.41%), Folate: 42.43µg (10.61%), Copper: 0.21mg (10.39%), Vitamin A: 464.2IU (9.28%), Calcium: 83.38mg (8.34%), Potassium: 276.76mg (7.91%), Iron: 1.29mg (7.17%), Vitamin D: 0.93µg (6.2%), Zinc: 0.93mg (6.17%), Vitamin B5: 0.56mg (5.56%), Vitamin B6: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.04%), Vitamin B3: 0.88mg (4.41%), Vitamin B12: 0.25µg (4.21%), Vitamin

K: 2.38μg (2.26%)