



Tangerine Bavarian

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 8 large egg yolk
- ☐ 0.3 ounces gelatin powder unflavored
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup sugar
- ☐ 8 servings 1 tangerine
- ☐ 6 1 tangerine

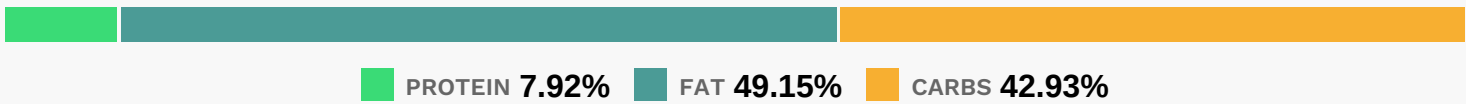
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Remove side of springform pan and invert bottom, then reattach side (to make bavarian easier to remove). Lightly oil pan.
- ☐ Grate enough zest from 1 tangerine to measure 1 teaspoon, then juice tangerines. (You will need 1 1/4 cups juice.)
- ☐ Sprinkle gelatin over 1/4 cup tangerine juice in a small bowl and let stand about 5 minutes.
- ☐ Whisk together yolks, sugar, lemon juice, and remaining cup tangerine juice in a heavy medium saucepan, then cook over medium-low heat, whisking constantly, until mixture just comes to a simmer (do not let boil).
- ☐ Remove from heat, then whisk in gelatin mixture until completely dissolved.
- ☐ Transfer to a metal bowl and chill in an ice bath, stirring frequently, until mixture has thickened to consistency of raw egg whites.
- ☐ Remove from ice bath.
- ☐ Meanwhile, beat cream with zest until it just holds soft peaks.
- ☐ Stir one third of whipped cream into yolk mixture to lighten, then fold in remaining cream gently but thoroughly. Spoon into springform pan and chill until set, at least 4 hours and up to 24.

Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:12.82, Inflammation Score:-8, Nutrition Score:11.394347823184%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 14.17mg, Hesperetin: 14.17mg, Hesperetin: 14.17mg, Hesperetin: 14.17mg Naringenin: 17.56mg, Naringenin: 17.56mg, Naringenin: 17.56mg

17.56mg, Naringenin: 17.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.08kcal (13.8%), Fat: 15.81g (24.33%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 27.93g (10.16%), Sugar: 25.8g (28.67%), Cholesterol: 217.22mg (72.41%), Sodium: 21.51mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin C: 47.63mg (57.73%), Vitamin A: 1874.33IU (37.49%), Selenium: 10.98µg (15.68%), Folate: 54.65µg (13.66%), Fiber: 3.16g (12.62%), Vitamin B2: 0.21mg (12.48%), Phosphorus: 119.05mg (11.91%), Calcium: 106.98mg (10.7%), Vitamin B6: 0.21mg (10.37%), Potassium: 339.49mg (9.7%), Vitamin B5: 0.97mg (9.66%), Vitamin D: 1.39µg (9.29%), Vitamin B1: 0.14mg (9.2%), Vitamin E: 1.07mg (7.1%), Vitamin B12: 0.38µg (6.32%), Magnesium: 24.24mg (6.06%), Copper: 0.11mg (5.49%), Iron: 0.77mg (4.28%), Manganese: 0.08mg (3.97%), Zinc: 0.59mg (3.92%), Vitamin B3: 0.68mg (3.42%), Vitamin K: 1.07µg (1.02%)