



Vanilla-Poached Apricots with Zabaglione



Vegetarian



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

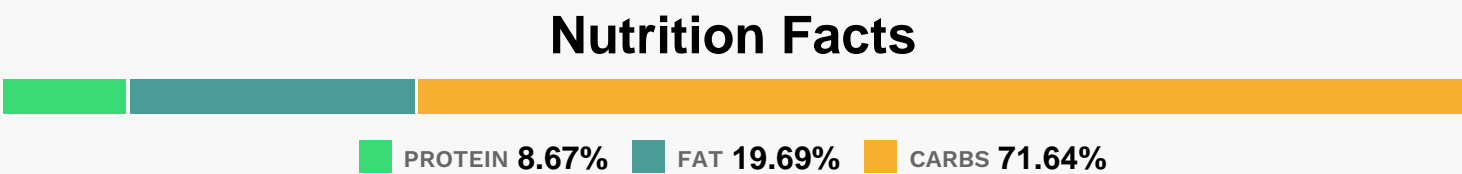
- ☐ 1.3 pounds firm-ripe apricots fresh pitted halved lengthwise
- ☐ 2 tablespoons cooking wine dry white (preferably Swiss)
- ☐ 3 large egg yolks
- ☐ 3 inch lemon zest fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla pod halved lengthwise
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ hand mixer

Directions

- ☐ Scrape seeds from vanilla bean into a 2-quart saucepan, then add pod, water, sugar, zest, and salt. Bring to a boil, uncovered, over high heat, then boil 1 minute.
- ☐ Carefully add apricots, then reduce heat and poach at a bare simmer, turning over once, until fruit is tender but still holds its shape and skins are still intact, 2 to 6 minutes.
- ☐ Transfer apricots and syrup to a large shallow bowl and cool to room temperature, about 1 1/2 hours.
- ☐ Beat together yolks, sugar, and wine in a deep 4-quart metal bowl with a handheld electric mixer at medium speed or whisk vigorously until combined well.
- ☐ Set bowl over a 4-quart pot of barely simmering water and beat mixture until tripled in volume, 5 to 6 minutes.
- ☐ Spoon 2 or 3 apricot halves into each of 6 glasses and top with zabaglione.
- ☐ Serve immediately.
- ☐ Cooks' notes
- ☐ ·The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.·Apricots can be poached 2 days ahead and chilled, covered. Bring to room temperature before serving.



Properties

Glycemic Index:21.13, Glycemic Load:11.36, Inflammation Score:-8, Nutrition Score:6.1852174530859%

Flavonoids

Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 121.18kcal (6.06%), Fat: 2.72g (4.19%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 20.27g (7.37%), Sugar: 19.97g (22.19%), Cholesterol: 91.8mg (30.6%), Sodium: 56.87mg (2.47%), Alcohol: 0.51g (100%), Alcohol %: 0.36% (100%), Protein: 2.7g (5.39%), Vitamin A: 1943.24IU (38.86%), Vitamin C: 11.09mg (13.44%), Fiber: 2.02g (8.1%), Potassium: 259.83mg (7.42%), Vitamin E: 1.06mg (7.09%), Selenium: 4.94µg (7.05%), Phosphorus: 55.94mg (5.59%), Folate: 21.13µg (5.28%), Vitamin B2: 0.09mg (5.09%), Vitamin B5: 0.49mg (4.87%), Copper: 0.09mg (4.6%), Vitamin B6: 0.09mg (4.27%), Manganese: 0.08mg (4.19%), Iron: 0.63mg (3.5%), Vitamin D: 0.46µg (3.06%), Vitamin K: 3.2µg (3.05%), Vitamin B1: 0.04mg (2.95%), Vitamin B3: 0.58mg (2.9%), Magnesium: 11.16mg (2.79%), Vitamin B12: 0.17µg (2.76%), Calcium: 27.32mg (2.73%), Zinc: 0.4mg (2.67%)