

Vin Santo Zabaglione with Orange and Grapefruit

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 teaspoon cream of tartar
- 1 large eggs
- 3 medium navel oranges
- 4 servings nutmeg freshly ground
- 1 large ruby grapefruit red
- 3 tablespoons sugar
- 3 tablespoons vin santo sweet

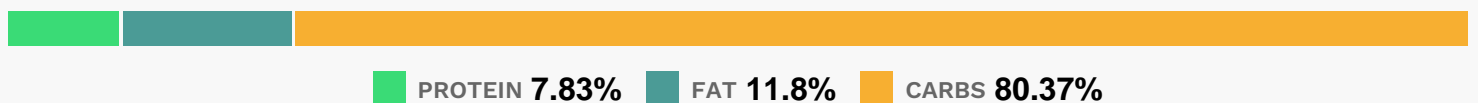
Equipment

- bowl
- knife
- pot
- sieve
- double boiler
- hand mixer

Directions

- Cut peel and white pith from oranges and grapefruit with a sharp knife, then cut sections free from membranes.
- Drain fruit in a large sieve set over a bowl 5 minutes, reserving juice for another use. Toss fruit with 1 tablespoon sugar.
- Beat egg, remaining 2 tablespoons sugar, vin santo, cream of tartar, and a pinch of salt in a double boiler or a metal bowl set over a pot of simmering water with a hand-held electric mixer at medium speed until slightly thickened and frothy, about 5 minutes (mixture will froth up and then subside a bit before thickening).
- Remove from heat.
- Divide fruit among 4 stemmed glasses and top with zabaglione.
- Serve immediately.
- The eggs will not be fully cooked in this dessert, which may be of concern if there is a problem with salmonella in your area.
- Each serving about 154 calories and 1 gram fat
- Gourmet

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:8.57, Inflammation Score:-8, Nutrition Score:10.9091304505%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 23.25mg, Hesperetin: 23.25mg, Hesperetin: 23.25mg, Hesperetin: 23.25mg Naringenin: 34.55mg, Naringenin: 34.55mg, Naringenin: 34.55mg, Naringenin: 34.55mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 168.79kcal (8.44%), Fat: 2.22g (3.41%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 29.92g (10.88%), Sugar: 25.12g (27.91%), Cholesterol: 46.5mg (15.5%), Sodium: 20.51mg (0.89%), Alcohol: 1.72g (100%), Alcohol %: 0.98% (100%), Protein: 3.31g (6.62%), Vitamin C: 88.01mg (106.68%), Vitamin A: 1283.39IU (25.67%), Fiber: 4.06g (16.22%), Folate: 53.88µg (13.47%), Potassium: 413.94mg (11.83%), Vitamin B2: 0.14mg (8.31%), Vitamin B1: 0.12mg (8.07%), Vitamin B6: 0.15mg (7.57%), Calcium: 75.13mg (7.51%), Phosphorus: 69.14mg (6.91%), Vitamin B5: 0.69mg (6.87%), Magnesium: 25.2mg (6.3%), Manganese: 0.13mg (6.26%), Selenium: 4.06µg (5.81%), Copper: 0.1mg (5.19%), Vitamin B3: 0.67mg (3.37%), Iron: 0.53mg (2.97%), Vitamin E: 0.4mg (2.64%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)