

Whipped Cream Zabaglione

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



491 kcal

SIDE DISH

Ingredients

- 7 egg yolks
- 1 cup heavy cream
- 0.3 cup sugar white

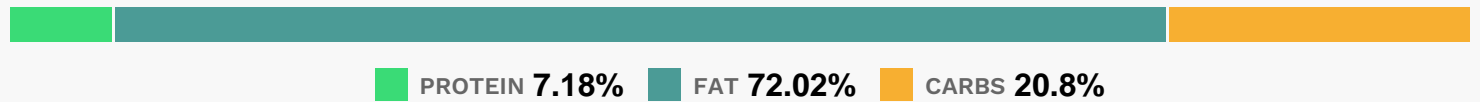
Equipment

- sauce pan
- whisk
- mixing bowl

Directions

- Fill a large saucepan with several inches of water, and bring to a boil over high heat. Reduce the heat until the water maintains a strong simmer.
- Place the egg yolks, Marsala wine, and sugar into a metal mixing bowl.
- Place the bowl over the simmering water. Beat constantly with a wire whisk until the zabaglione turns pale yellow and thickens to the consistency of softly whipped cream. Scrape the zabaglione into a clean mixing bowl, and set over ice, stirring occasionally until cold. Once cold, fold in the whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:15.51, Inflammation Score:-6, Nutrition Score:10.876086846642%

Nutrients (% of daily need)

Calories: 490.53kcal (24.53%), Fat: 39.84g (61.29%), Saturated Fat: 22.26g (139.11%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 25.89g (9.42%), Sugar: 24.73g (27.48%), Cholesterol: 543.25mg (181.08%), Sodium: 41.8mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Selenium: 26.03µg (37.19%), Vitamin A: 1771.84IU (35.44%), Vitamin D: 3.54µg (23.58%), Vitamin B2: 0.38mg (22.07%), Phosphorus: 209.81mg (20.98%), Folate: 64.49µg (16.12%), Vitamin B12: 0.95µg (15.77%), Vitamin B5: 1.46mg (14.58%), Vitamin E: 1.81mg (12.09%), Calcium: 106.76mg (10.68%), Vitamin B6: 0.17mg (8.74%), Zinc: 1.16mg (7.72%), Iron: 1.24mg (6.87%), Vitamin B1: 0.09mg (5.99%), Potassium: 121.59mg (3.47%), Vitamin K: 2.83µg (2.7%), Copper: 0.04mg (2.13%), Magnesium: 7.65mg (1.91%), Manganese: 0.02mg (1.24%)