



Zabaglione



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 egg yolks
- ☐ 0.3 cup sugar
- ☐ 0.8 cup marsala wine
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 servings ground cinnamon
- ☐ 6 servings vanilla extract
- ☐ 1 cup heavy cream
- ☐ 6 servings strawberries

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Place egg yolks, and sugar in a large, round-bottomed stainless steel bowl.
- ☐ Add grated lemon peel and a pinch of cinnamon and a drop of vanilla extract to the yolk mixture.
- ☐ Pour in the Marsala wine. You can use sweet Vermouth as a substitute for the Marsala.
- ☐ Half-fill a pot with water, bring the water to a simmer and reduce the heat to low. Set the pan or bowl containing the custard mixture over the water; the bottom of the bowl should not touch the water.
- ☐ Whisk the custard mixture, making sure that the water does not boil. This ensures that a gentle, even heat thickens the mixture without curdling it.
- ☐ Whisking traps air in the yolks for a light, fluffy mixture.
- ☐ Continue whisking for about 10 minutes, until the mixture triples in volume, froths up and becomes pale. When it reaches the desired consistency, take the container of custard out of the pot. Slightly thickened, the custard can be used as a sauce. Longer cooking will thicken the custard further, giving it the texture of mousse. Continue whisking for a minute or two to prevent the custard from sticking to its container.
- ☐ Serve the custard while still warm, or, if you want to serve it cool, set it aside for about 15 minutes.
- ☐ Whisk heavy cream until it forms soft peaks; add the whipped cream to the cooled custard and use a whisk to gently fold them together. Reserve some of the whipped cream to serve on top.
- ☐ Ladle the zabaglione into individual dishes.
- ☐ Serve with whipped cream, berries, and/or cookies such as biscotti.

Nutrition Facts

PROTEIN 6.46% FAT 55.8% CARBS 37.74%

Properties

Glycemic Index:19.18, Glycemic Load:11.06, Inflammation Score:-7, Nutrition Score:14.724347788355%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Malvidin: 28.46mg, Malvidin: 28.46mg, Malvidin: 28.46mg, Malvidin: 28.46mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 337.66kcal (16.88%), Fat: 19.58g (30.13%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 25.82g (9.39%), Sugar: 21.91g (24.34%), Cholesterol: 239.22mg (79.74%), Sodium: 23.91mg (1.04%), Alcohol: 4.93g (100%), Alcohol %: 2.54% (100%), Protein: 5.1g (10.2%), Vitamin C: 85.42mg (103.53%), Manganese: 0.95mg (47.7%), Vitamin A: 866.01IU (17.32%), Selenium: 12.13µg (17.32%), Fiber: 3.98g (15.91%), Folate: 62.59µg (15.65%), Phosphorus: 131.85mg (13.18%), Vitamin B2: 0.21mg (12.4%), Vitamin D: 1.61µg (10.71%), Calcium: 95.55mg (9.55%), Potassium: 316.08mg (9.03%), Vitamin E: 1.29mg (8.63%), Vitamin B5: 0.84mg (8.38%), Iron: 1.37mg (7.61%), Vitamin B6: 0.15mg (7.43%), Vitamin B12: 0.41µg (6.91%), Magnesium: 26.47mg (6.62%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.77mg (5.14%), Vitamin K: 5.19µg (4.94%), Vitamin B3: 0.68mg (3.41%)