



Zabaglione-Topped Cranberries and Pears



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 eggs cage-free
- ☐ 6 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup plum brandy sweet
- ☐ 1 cup cranberries frozen thawed ()
- ☐ 2 pears coarsely chopped

Equipment

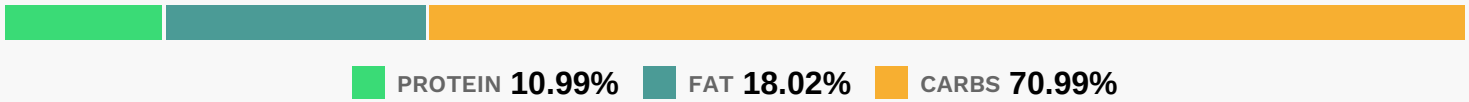
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 2- or 3-quart saucepan, heat 2 to 3 inches water to simmering over medium-high heat. Separate eggs; discard egg whites or refrigerate and save for another use.
- ☐ In metal or heat-resistant glass bowl slightly larger than saucepan, beat egg yolks, sugar and vanilla with wire whisk about 2 minutes or until foamy.
- ☐ Set bowl over saucepan containing simmering water (make sure bottom of bowl doesn't touch water). Continue beating vigorously and constantly 1 to 2 minutes or until mixture starts to thicken. Gradually beat in wine, whisking vigorously 5 to 7 minutes longer (make sure mixture doesn't boil) or until custard turns pale yellow, doubles in volume and thickens; remove from heat.
- ☐ Divide fruit evenly among 4 small bowls. Spoon warm custard over fruit and serve.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:17.47, Inflammation Score:-4, Nutrition Score:7.0160870085592%

Flavonoids

Cyanidin: 13.44mg, Cyanidin: 13.44mg, Cyanidin: 13.44mg, Cyanidin: 13.44mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg Malvidin: 28.56mg, Malvidin: 28.56mg, Malvidin: 28.56mg, Malvidin: 28.56mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 13.47mg, Peonidin: 13.47mg, Peonidin: 13.47mg, Peonidin: 13.47mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 245.33kcal (12.27%), Fat: 4.4g (6.77%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 35.35g (12.85%), Sugar: 30.33g (33.7%), Cholesterol: 163.68mg (54.56%), Sodium: 66.84mg (2.91%), Alcohol: 4.93g (100%), Alcohol %: 3.02% (100%), Protein: 6.04g (12.08%), Selenium: 13.88µg (19.83%), Fiber: 3.66g (14.64%), Vitamin B2: 0.24mg (14.06%), Phosphorus: 103.31mg (10.33%), Manganese: 0.18mg (9.19%), Vitamin C: 7.33mg (8.88%), Vitamin B5: 0.8mg (8.02%), Folate: 27.16µg (6.79%), Copper: 0.13mg (6.71%), Vitamin B12: 0.39µg (6.53%), Potassium: 213.4mg (6.1%), Vitamin E: 0.9mg (5.99%), Iron: 1.07mg (5.94%), Vitamin D: 0.88µg (5.87%), Vitamin B6: 0.12mg (5.76%), Vitamin A: 274.85IU (5.5%), Vitamin K: 5.3µg (5.05%), Zinc: 0.7mg (4.69%), Magnesium: 15.83mg (3.96%), Calcium: 37.34mg (3.73%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.27mg (1.35%)