



## Zabaglione with Fresh Berries



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 cups poached berries mixed whole
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 0.5 cup marsala wine sweet
- ☐ 0.5 cup sugar
- ☐ 1.5 cups non-dairy whipped topping light refrigerated canned (such as Reddi-wip)

### Equipment

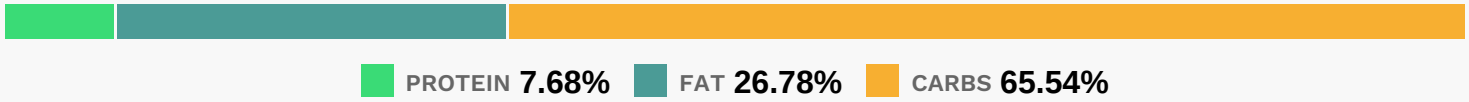
- ☐ whisk

- ☐ double boiler
- ☐ kitchen thermometer

## Directions

- ☐ Combine first 4 ingredients in top of a double boiler, stirring with a whisk. Cook over simmering water, whisking constantly, about 7 minutes or until a thermometer registers 16
- ☐ Serve over berries. Top each serving with whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:5.1995652343916%

## Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 15.4mg, Petunidin: 15.4mg, Petunidin: 15.4mg, Petunidin: 15.4mg Delphinidin: 17.51mg, Delphinidin: 17.51mg, Delphinidin: 17.51mg, Delphinidin: 17.51mg Malvidin: 57.44mg, Malvidin: 57.44mg, Malvidin: 57.44mg, Malvidin: 57.44mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

## Nutrients (% of daily need)

Calories: 219.77kcal (10.99%), Fat: 6.09g (9.37%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.45g (11.44%), Sugar: 29.26g (32.51%), Cholesterol: 123.57mg (41.19%), Sodium: 42.63mg (1.85%), Alcohol: 3.06g (100%), Alcohol %: 2.5% (100%), Protein: 3.93g (7.86%), Selenium: 9.02µg (12.88%), Vitamin K: 13.4µg (12.76%), Vitamin B2: 0.16mg (9.32%), Fiber: 2.09g (8.37%), Phosphorus: 79.3mg (7.93%), Manganese: 0.15mg (7.31%), Folate: 22.09µg (5.52%), Vitamin B5: 0.53mg (5.28%), Vitamin E: 0.79mg (5.25%), Vitamin B12: 0.3µg (4.94%), Vitamin B6: 0.1mg (4.88%), Vitamin A: 221.24IU (4.42%), Vitamin D: 0.64µg (4.26%), Calcium: 37.92mg (3.79%), Iron: 0.66mg (3.67%), Vitamin B1: 0.05mg (3.25%), Potassium: 108.7mg (3.11%), Zinc: 0.43mg (2.89%), Copper: 0.05mg (2.7%), Vitamin B3: 0.48mg (2.39%), Vitamin C: 1.94mg (2.35%), Magnesium: 9.27mg (2.32%)