



## Zabaglione with Roasted Plums

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 plums italian pitted halved
- 6 tablespoons sugar
- 4 large egg yolk
- 0.3 cup plum brandy mixed with 1/4 cup water or 1/2 cup marsala wine (slivovitz)
- 4 servings kosher salt

### Equipment

- bowl
- baking sheet

- sauce pan
- baking paper
- oven
- whisk
- mixing bowl

## Directions

- Heat the oven the to 400F.
- Place the plums on a rimmed cookie sheet (lined with parchment paper for easier cleanup) and sprinkle with 2 tablespoons of the sugar. Roast until the plums are browning and tender but not falling apart, about 15 minutes.
- Bring about 2 inches of water to a bare simmer in a saucepan over medium-high heat. Reduce the heat to maintain a bare simmer.
- Combine the egg yolks, the remaining 4 tablespoons sugar, the plum brandy mixture, and a pinch of salt in a round-bottomed metal mixing bowl; whisk thoroughly.
- Set the bowl over the simmering water the base of the bowl should not touch the water and whisk continuously. The egg yolks will begin to froth, lighten, and grow greatly in volume. If you sense that the yolks are at risk of scrambling, quickly remove the bowl from the heat and whisk to cool slightly, then continue. When soft peaks form, after 5 to 10 minutes, the zabaglione is done.
- Transfer to a clean bowl, cover, and refrigerate.
- To serve, place 6 plum halves in the bottom of each of 4 glasses. Give the zabaglione a quick whisk and spoon it on top of the plums.
- Serve immediately.

## Nutrition Facts



**PROTEIN 7.01%** **FAT 19.58%** **CARBS 73.41%**

## Properties

Glycemic Index:27.19, Glycemic Load:20.22, Inflammation Score:-6, Nutrition Score:8.1291304347826%

## Flavonoids

Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg, Epicatechin 3-gallate: 1.5mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Taste

Sweetness: 100%, Saltiness: 8.41%, Sourness: 36.75%, Bitterness: 32.83%, Savoriness: 8.84%, Fattiness: 11.21%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 239.12kcal (11.96%), Fat: 5.12g (7.87%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 40.39g (14.69%), Sugar: 38.87g (43.19%), Cholesterol: 183.6mg (61.2%), Sodium: 203.48mg (8.85%), Alcohol: 2.3g (12.75%), Protein: 4.12g (8.24%), Vitamin C: 18.81mg (22.8%), Vitamin A: 928.24IU (18.56%), Selenium: 9.7µg (13.86%), Vitamin K: 12.79µg (12.18%), Fiber: 2.77g (11.09%), Phosphorus: 99.33mg (9.93%), Potassium: 343.59mg (9.82%), Folate: 34.72µg (8.68%), Vitamin B2: 0.15mg (8.67%), Vitamin B5: 0.78mg (7.8%), Copper: 0.13mg (6.71%), Manganese: 0.13mg (6.57%), Vitamin E: 0.95mg (6.36%), Vitamin D: 0.92µg (6.12%), Vitamin B1: 0.09mg (5.87%), Vitamin B6: 0.12mg (5.85%), Vitamin B12: 0.33µg (5.52%), Iron: 0.85mg (4.71%), Vitamin B3: 0.86mg (4.31%), Magnesium: 16.07mg (4.02%), Zinc: 0.6mg (4.01%), Calcium: 35.31mg (3.53%)