



Zabaglione with Seasonal Fruit

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups poached berries mixed fresh sliced such as blueberries, raspberries, blackberries, and strawberries
- ☐ 4 large egg yolks
- ☐ 10 ounces figs fresh ripe quartered
- ☐ 0.3 cup marsala wine sweet
- ☐ 0.3 cup sugar
- ☐ 1 cup non-dairy whipped topping fat-free refrigerated canned such as Reddi-wip

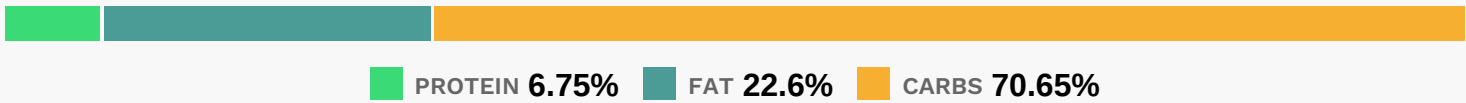
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ Add water to a large saucepan to a depth of 1 inch; bring water to a simmer over high heat. Reduce heat until water is barely simmering and producing steam.
- ☐ Combine Marsala, sugar, and egg yolks in a large metal bowl (bowl should be large enough to sit on top of saucepan but not in saucepan); beat with a mixer at medium speed until well blended.
- ☐ Place bowl over saucepan of simmering water; beat egg mixture 4 minutes or until thick and pale and thermometer registers 160 (mixture will hold its shape for a few moments when beaters are removed from bowl).
- ☐ Spoon 2/3 cup zabaglione into 4 shallow rimmed soup bowls; top with 7 fig quarters, 1/2 cup berries, and 1/4 cup whipped topping.
- ☐ Garnish with mint, if desired.
- ☐ Note: Substitute 2 cups sliced peeled peaches or nectarines for the figs, if desired.
- ☐ Zabaglione (zah-bahl-YOH-nay) is a classic Venetian dessert made of egg yolks, sugar, and sweet Marsala wine that's usually served warm over fresh fruit or plain cakes.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:15.77, Inflammation Score:-5, Nutrition Score:8.4839129655258%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg 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, Pelargonidin: 0.02mg Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 1.87mg,

Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg 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 Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 254.77kcal (12.74%), Fat: 6.19g (9.52%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 39.33g (14.3%), Sugar: 35.23g (39.14%), Cholesterol: 186.6mg (62.2%), Sodium: 25.07mg (1.09%), Alcohol: 3.06g (100%), Alcohol %: 1.79% (100%), Protein: 4.16g (8.33%), Fiber: 4.22g (16.89%), Vitamin B2: 0.28mg (16.23%), Vitamin K: 16.22µg (15.44%), Selenium: 10.48µg (14.97%), Manganese: 0.24mg (11.91%), Vitamin B6: 0.21mg (10.42%), Vitamin B12: 0.61µg (10.15%), Phosphorus: 99.3mg (9.93%), Folate: 37.68µg (9.42%), Vitamin B1: 0.13mg (8.57%), Vitamin A: 414.24IU (8.28%), Vitamin B5: 0.82mg (8.24%), Potassium: 263.71mg (7.53%), Calcium: 74.91mg (7.49%), Vitamin D: 0.92µg (6.12%), Vitamin E: 0.91mg (6.04%), Iron: 0.93mg (5.14%), Copper: 0.1mg (5.09%), Magnesium: 20.07mg (5.02%), Zinc: 0.62mg (4.17%), Vitamin C: 3.36mg (4.07%), Vitamin B3: 0.8mg (4.01%)