



Zabaglione with Strawberries



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large egg yolks at room temperature
- ☐ 0.8 cup plum brandy dry
- ☐ 1 pint strawberries sliced
- ☐ 0.5 cup sugar

Equipment

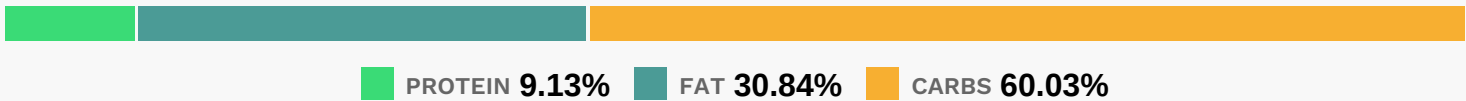
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Put the egg yolks, the marsala, and then the sugar into a large stainless-steel bowl. Set the bowl over a large saucepan filled with 1 inch of barely simmering water. Using a hand-held electric mixer on low speed or a whisk, beat the egg-yolk mixture until it is hot and the mixture forms a ribbon when the beaters are lifted, 5 to 8 minutes. Don't cook the zabaglione for too long, or it will curdle.
- ☐ Put the strawberries in stemmed glasses or in bowls. Top with the hot zabaglione and either serve the dessert immediately or refrigerate it for up to an hour.
- ☐ Variations: For a zabaglione that will last up to six hours in the refrigerator, add whipped cream. Beat half a cup of heavy cream just until it holds firm peaks. When the zabaglione is done, remove the bowl from the heat and continue beating until it's cool. Fold the cooled zabaglione into the whipped cream.
- ☐ Put the strawberries in bowls, top with the zabaglione, and refrigerate.: Substitute blueberries, raspberries, or sliced peaches for the strawberries.
- ☐ Test-Kitchen Tip: What you need to make zabaglione is, in effect, a double boiler that's wide enough to accommodate an electric mixer. This is easy to rig up with a heatproof bowl set over a saucepan.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:20.14, Inflammation Score:-6, Nutrition Score:13.529565137366%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg Malvidin: 42.69mg, Malvidin: 42.69mg, Malvidin: 42.69mg, Malvidin: 42.69mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 1.83mg, Peonidin: 1.83mg, Peonidin: 1.83mg, Peonidin: 1.83mg Catechin: 8.12mg, Catechin: 8.12mg, Catechin: 8.12mg, Catechin: 8.12mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

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Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 9.44g (14.53%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 39g (14.18%), Sugar: 34.43g (38.25%), Cholesterol: 367.2mg (122.4%), Sodium: 21.8mg (0.95%), Alcohol: 6.89g (100%), Alcohol %: 3.93% (100%), Protein: 6.29g (12.58%), Vitamin C: 69.56mg (84.31%), Selenium: 19.89µg (28.41%), Manganese: 0.53mg (26.49%), Folate: 78.03µg (19.51%), Phosphorus: 165.04mg (16.5%), Vitamin B2: 0.22mg (12.85%), Vitamin D: 1.84µg (12.24%), Vitamin B5: 1.18mg (11.79%), Vitamin B12: 0.66µg (11.05%), Vitamin A: 504.48IU (10.09%), Fiber: 2.37g (9.46%), Vitamin B6: 0.17mg (8.73%), Iron: 1.53mg (8.52%), Vitamin E: 1.22mg (8.14%), Potassium: 259.95mg (7.43%), Calcium: 66.64mg (6.66%), Zinc: 0.98mg (6.54%), Vitamin B1: 0.1mg (6.42%), Magnesium: 21.13mg (5.28%), Copper: 0.1mg (5.25%), Vitamin B3: 0.56mg (2.8%), Vitamin K: 2.84µg (2.71%)