



## Zuppa Inglese

READY IN



45 min.

SERVINGS



9

CALORIES



312 kcal

BEVERAGE

DRINK

## Ingredients

- 0.3 cup almonds coarsely chopped
- 10 ounce angel food cake cut into 1/4 inch-thick slices
- 2 tablespoons cognac
- 2 tablespoons drambuie
- 6 large egg yolks
- 6 tablespoons flour all-purpose
- 2 teaspoons lemon rind grated
- 3 cups milk 2% reduced-fat
- 1 cup powdered sugar

- 0.3 cup raspberry syrup
- 1 tablespoon rum white
- 2 ounces bittersweet chocolate melted

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender

## Directions

- Put sugar and yolks in a large bowl, and beat with a mixer at high speed until pale yellow. Gradually add flour, beating until smooth.
- Heat milk over medium-high heat in a medium, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add the hot milk to sugar mixture, stirring constantly with a whisk. Return the milk mixture to pan. Cook the mixture over medium heat until thick (about 8 minutes), stirring constantly.
- Remove from heat. Stir in rind.
- Spoon 1/4 cup custard into the bottom of a 2-quart souffl dish or compote. Arrange one-third of the cake slices in a single layer over custard.
- Combine the grenadine, Drambuie, cognac, and rum.
- Brush the grenadine mixture over cake slices until wet.
- Spread 1 1/4 cups custard over cake slices. Arrange one-third of the cake slices in a single layer over custard.
- Brush the grenadine mixture over cake slices until wet.
- Combine 1 1/4 cups custard and chocolate, and spread over cake slices. Arrange remaining cake slices over custard.
- Brush with remaining grenadine mixture.
- Spread remaining custard over cake slices.

Sprinkle with almonds. Cover and chill at least 4 hours.

## Nutrition Facts

**PROTEIN 10.94%** **FAT 27.7%** **CARBS 61.36%**

### Properties

Glycemic Index:15.67, Glycemic Load:2.84, Inflammation Score:-3, Nutrition Score:8.7821738901346%

### Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 312.1kcal (15.61%), Fat: 9.12g (14.04%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 44g (16%), Sugar: 29.36g (32.62%), Cholesterol: 129.07mg (43.02%), Sodium: 204.52mg (8.89%), Alcohol: 2.98g (100%), Alcohol %: 2.33% (100%), Caffeine: 5.42mg (1.81%), Protein: 8.11g (16.22%), Phosphorus: 231.76mg (23.18%), Selenium: 15.61µg (22.3%), Vitamin B2: 0.34mg (20.01%), Calcium: 152.38mg (15.24%), Manganese: 0.27mg (13.46%), Vitamin B12: 0.66µg (10.98%), Vitamin E: 1.41mg (9.38%), Folate: 36.23µg (9.06%), Magnesium: 35.45mg (8.86%), Copper: 0.17mg (8.35%), Vitamin B1: 0.13mg (8.33%), Vitamin B5: 0.73mg (7.25%), Potassium: 241.31mg (6.89%), Zinc: 1.02mg (6.82%), Iron: 1.21mg (6.73%), Fiber: 1.46g (5.85%), Vitamin A: 248.18IU (4.96%), Vitamin B6: 0.08mg (4.18%), Vitamin D: 0.61µg (4.08%), Vitamin B3: 0.64mg (3.19%), Vitamin C: 1.6mg (1.94%)