



After-dinner mint cream



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



551 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g mascarpone cheese
- ☐ 300 ml double cream
- ☐ 2 tbsp sugar
- ☐ 2 tbsp cooking sherry (we used Harvey's Bristol Cream)
- ☐ 200 g round chocolate-covered creamy mints thin

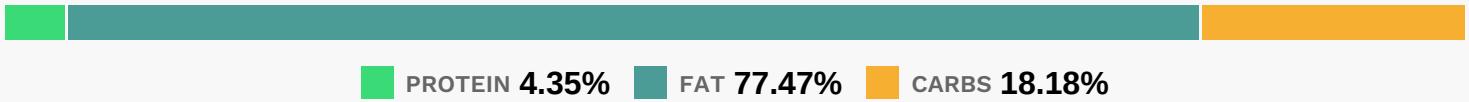
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Put the mascarpone, double cream, caster sugar and sherry in a bowl and whisk until thick enough to hold its shape. Break 200g of the after-dinner mints into small pieces, then beat these into the cream mixture. Spoon into tiny glasses or bowls and chill until needed.
- ☐
- Add 1 more thin after-dinner mint to each dessert before serving

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:3.4660869953425%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 551.35kcal (27.57%), Fat: 48.19g (74.13%), Saturated Fat: 32.77g (204.8%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.58g (8.94%), Sugar: 22.84g (25.38%), Cholesterol: 98.5mg (32.83%), Sodium: 54.12mg (2.35%), Alcohol: 0.51g (100%), Alcohol %: 0.49% (100%), Protein: 6.08g (12.16%), Vitamin A: 1322.72IU (26.45%), Iron: 1.8mg (10%), Calcium: 95.49mg (9.55%), Vitamin B2: 0.1mg (5.65%), Vitamin D: 0.8µg (5.37%), Fiber: 0.87g (3.47%), Vitamin E: 0.46mg (3.08%), Phosphorus: 30.07mg (3.01%), Selenium: 1.54µg (2.2%), Vitamin K: 1.63µg (1.55%), Potassium: 51.41mg (1.47%), Vitamin B12: 0.08µg (1.34%), Vitamin B5: 0.13mg (1.31%), Vitamin B6: 0.02mg (1.01%), Magnesium: 4.02mg (1.01%)