



Berry-Mi-Su: Berry-Me-Up

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup blackberries fresh
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.3 cup heavy cream
- ☐ 1 package ladyfingers
- ☐ 1 cup mascarpone cheese
- ☐ 1 package raspberries frozen
- ☐ 8 large strawberries sliced

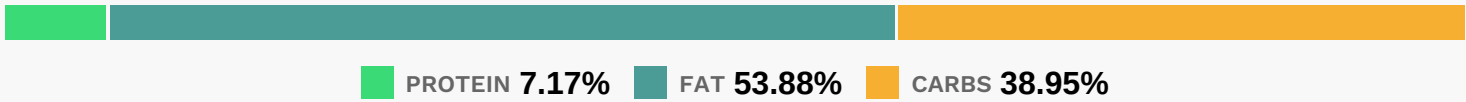
Equipment

☐ bowl

Directions

- ☐ Open the ladyfingers and separate them.
- ☐ Strain the frozen berries over a bowl, reserve juice.
- ☐ Combine defrosted raspberries with sliced strawberries and blackberries.
- ☐ Line 4 martini glasses with a single layer of ladyfingers, letting the cakes overlap a bit at the stem. Press the cakes down a bit to fit the lines of the glass. Paint the ladyfingers with raspberry juice, liberally. Beat cheese with cream and sugar on low, 2 minutes. Spoon berries, then sweetened mascarpone into glasses. Top glasses off with a cap of the ladyfingers dotted with berry juice and more mixed berries.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:15.480000076087%

Flavonoids

Cyanidin: 54.6mg, Cyanidin: 54.6mg, Cyanidin: 54.6mg, Cyanidin: 54.6mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 14.26mg, Pelargonidin: 14.26mg, Pelargonidin: 14.26mg, Pelargonidin: 14.26mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 9.37mg, Catechin: 9.37mg, Catechin: 9.37mg, Catechin: 9.37mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 625.16kcal (31.26%), Fat: 37.73g (58.05%), Saturated Fat: 22.06g (137.86%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 53.77g (19.55%), Sugar: 22.22g (24.68%), Cholesterol: 188.06mg (62.69%), Sodium:

110.86mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Vitamin C: 56.09mg (67.98%), Manganese: 0.97mg (48.35%), Fiber: 7.6g (30.4%), Vitamin A: 1425.01IU (28.5%), Folate: 72.75µg (18.19%), Vitamin B2: 0.3mg (17.54%), Calcium: 148.62mg (14.86%), Iron: 2.67mg (14.85%), Phosphorus: 136.68mg (13.67%), Vitamin B1: 0.19mg (12.4%), Vitamin K: 11.47µg (10.92%), Vitamin B5: 0.98mg (9.77%), Vitamin B3: 1.85mg (9.23%), Copper: 0.18mg (8.8%), Magnesium: 35.11mg (8.78%), Potassium: 304.64mg (8.7%), Vitamin E: 1.23mg (8.19%), Zinc: 1.11mg (7.41%), Vitamin B6: 0.14mg (7.05%), Vitamin B12: 0.4µg (6.72%), Vitamin D: 0.32µg (2.12%), Selenium: 1.13µg (1.61%)