

Biscuit Tortoni

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond macaroon crumbs divided
- ☐ 3 tablespoons brandy
- ☐ 1 tablespoon maraschino cherry juice
- ☐ 1 egg white
- ☐ 8 maraschino cherries
- ☐ 0.3 cup sugar
- ☐ 8 servings additional whipped cream
- ☐ 1 cup whipping cream

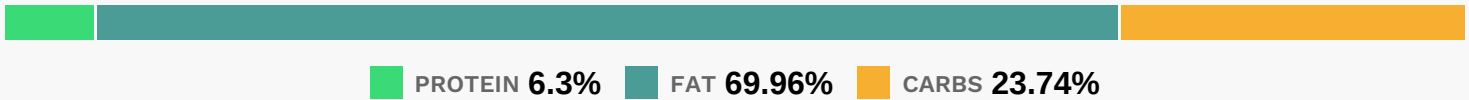
Equipment

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Beat egg white (at room temperature) in a medium mixing bowl until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold in 1 cup whipped cream and macaroon crumbs, reserving 1 tablespoon crumbs for garnish.
- ☐ Add 3 tablespoons brandy and cherry juice.
- ☐ Place eight individual paper muffin cups in a muffin pan. Spoon mixture evenly into cups. Lightly cover with plastic wrap, and freeze until set.
- ☐ Dollop each with additional whipped cream; sprinkle with reserved macaroon crumbs, and top with a cherry.
- ☐ Serve on individual dessert plates.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:4.86, Inflammation Score:-4, Nutrition Score:4.4408696151298%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 218.62kcal (10.93%), Fat: 16.57g (25.5%), Saturated Fat: 8.01g (50.09%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.32g (4.12%), Sugar: 10.66g (11.84%), Cholesterol: 38.18mg (12.73%), Sodium: 15.22mg (0.66%), Alcohol: 1.88g (100%), Alcohol %: 3.55% (100%), Protein: 3.36g (6.71%), Vitamin E: 2.6mg (17.36%), Vitamin B2: 0.18mg (10.56%), Manganese: 0.21mg (10.35%), Vitamin A: 481.6IU (9.63%), Magnesium: 27.56mg (6.89%), Phosphorus: 66.58mg (6.66%), Copper: 0.11mg (5.41%), Calcium: 53.76mg (5.38%), Fiber: 1.34g (5.35%), Vitamin D: 0.5µg (3.33%), Potassium: 110.38mg (3.15%), Selenium: 2.14µg (3.06%), Zinc: 0.39mg (2.63%), Iron: 0.4mg (2.23%), Vitamin B1: 0.03mg (1.8%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.15mg (1.47%), Folate: 5.45µg (1.36%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.14%), Vitamin K: 1.17µg (1.11%)