



Blackberry, Lemon, and Gingersnap Cheesecake Pudding

READY IN



780 min.

SERVINGS



6

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 12 ounces blackberries fresh
- ☐ 3 large egg yolk
- ☐ 2 large eggs
- ☐ 4 ounces gingersnaps (16)
- ☐ 1.5 cups cup heavy whipping cream chilled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup mascarpone cheese
- ☐ 1 pinch salt

- ☐ 3 tablespoons sugar
- ☐ 6 tablespoons butter unsalted ()

Equipment

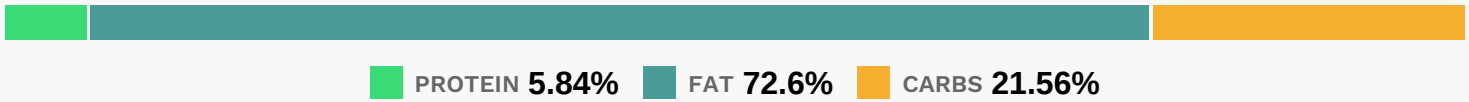
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Remove from heat; whisk in sugar, lemon juice, lemon peel, cream, and pinch of salt.
- ☐ Add eggs and egg yolks; whisk to blend. Cook over medium-low heat until thick enough for mixture to leave path on back of spoon when finger is drawn across, stirring constantly, 6 to 7 minutes (do not boil). Strain into medium bowl. Cover with plastic wrap, pressing directly atop lemon curd. Chill at least 8 hours or overnight.
- ☐ Toss all ingredients in medium bowl to coat, lightly crushing some of berries to release juices. Cover and chill until sugar dissolves and juices form, about 3 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Place cookies in large resealable plastic bag. Crush cookies with mallet or rolling pin until largest pieces are about 1/2 inch. Using electric mixer, beat cream, mascarpone, and pinch of salt in large bowl just until peaks form. Arrange six 8-ounce parfait glasses or compote cups on work surface. Spoon 4 to 5 berries and some of juices in bowl into each cup. Cover and chill remaining berries in bowl for serving. Spoon 1/4 cup mascarpone whipped cream over berries in each cup, spreading in even layer.
- ☐ Add generous 1 tablespoon curd, spreading to edges.
- ☐ Sprinkle 1 tablespoon crushed gingersnaps over. Repeat layering 1 more time with mascarpone whipped cream, lemon curd, and crushed gingersnaps. Top with remaining cream. Cover; chill desserts at least 1 hour and up to 3 hours.

Uncover desserts. Spoon remaining berry mixture over and serve.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:13.068695586661%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 540.71kcal (27.04%), Fat: 44.5g (68.45%), Saturated Fat: 26.19g (163.68%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 26.25g (9.55%), Sugar: 14.88g (16.54%), Cholesterol: 263.64mg (87.88%), Sodium: 164.41mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Vitamin A: 1735.01IU (34.7%), Manganese: 0.67mg (33.67%), Vitamin C: 20.13mg (24.4%), Selenium: 13.05µg (18.64%), Vitamin B2: 0.31mg (18.35%), Folate: 57.73µg (14.43%), Vitamin E: 2.14mg (14.29%), Vitamin K: 14.69µg (13.99%), Fiber: 3.48g (13.93%), Phosphorus: 133.81mg (13.38%), Vitamin D: 1.95µg (13.03%), Iron: 2.17mg (12.04%), Calcium: 112.71mg (11.27%), Vitamin B5: 0.93mg (9.32%), Copper: 0.18mg (9.11%), Potassium: 270.46mg (7.73%), Vitamin B12: 0.43µg (7.22%), Magnesium: 28.69mg (7.17%), Zinc: 0.98mg (6.54%), Vitamin B6: 0.12mg (6.21%), Vitamin B1: 0.09mg (5.88%), Vitamin B3: 1.06mg (5.28%)