



Cherry Tortoni

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 1 tablespoon amaretto (almond-flavored liqueur)
- 12 ounce cherries dark sweet frozen pitted
- 2 teaspoons cornstarch
- 0.5 teaspoon cream of tartar
- 4 large egg whites
- 1 Dash salt
- 0.7 cup sugar divided

- 12 vanilla wafers
- 1 tablespoon water
- 8 ounce non-dairy whipped topping frozen thawed reduced-calorie

Equipment

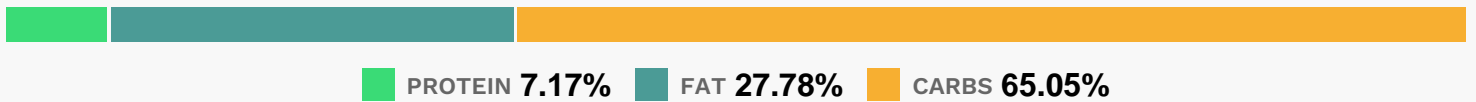
- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- knife
- whisk
- sieve
- plastic wrap
- double boiler
- hand mixer
- kitchen thermometer

Directions

- Combine 1/3 cup sugar, amaretto, and sweet cherries in a medium saucepan; bring to a boil. Reduce heat, and cook 10 minutes or until sugar dissolves and cherries are soft, stirring occasionally.
- Combine 1 tablespoon water and cornstarch in a small bowl, stirring until smooth. Stir cornstarch mixture into cherry mixture; bring to a boil. Cook 1 minute, stirring constantly. Spoon cherry mixture into a bowl; cover and chill 1 hour. Strain mixture through a sieve over a bowl, reserving cherry mixture and juice. Cover and chill juice.
- Place almonds and wafers in a food processor; process until coarsely ground.
- Combine remaining 1/3 cup sugar, cream of tartar, salt, and egg whites in the top of a double boiler. Cook over simmering water until a thermometer registers 160 (about 6 minutes), stirring constantly with a whisk.

- Remove from heat. Beat with an electric mixer at high speed until stiff peaks form. Spoon whipped topping into a large bowl. Gently fold one-fourth of egg white mixture into whipped topping; gently fold in remaining egg white mixture. Fold 1/2 cup almond mixture into egg white mixture; gently fold in strained cherry mixture.
- Line a baking sheet with parchment paper; place 10 (3-inch) ring molds on parchment. Spoon 1/2 cup egg white mixture into each mold; sprinkle the remaining almond mixture evenly over tops. Cover loosely with plastic wrap; freeze 4 hours or until set.
- Let stand 10 minutes at room temperature. Run a knife around the outside edge; remove from molds.
- Serve tortonis with the reserved cherry juice.
- Wine note: When matching a wine with desserts, like Cherry Tortoni, an off-dry or slightly sweet wine will hold up where a dry wine is quickly overwhelmed. Alice White Lexia 2007 (\$
- is fun and fruity with big aromas of honey, flowers, and peaches. The wine has a good bit of sweetness that works well with fruity desserts, while the crisp finish keeps it bright and refreshing rather than cloying. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:14.35, Inflammation Score:-1, Nutrition Score:2.9147826096286%

Flavonoids

Cyanidin: 10.35mg, Cyanidin: 10.35mg, Cyanidin: 10.35mg, Cyanidin: 10.35mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 187.98kcal (9.4%), Fat: 5.89g (9.06%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 29.84g (10.85%), Sugar: 26g (28.89%), Cholesterol: 0.53mg (0.18%), Sodium: 71.53mg (3.11%), Alcohol: 0.39g (100%), Alcohol %: 0.51% (100%), Protein: 3.42g (6.84%), Vitamin B2: 0.14mg (8.46%), Vitamin E: 0.92mg (6.15%), Potassium: 173.95mg (4.97%), Selenium: 3.41µg (4.87%), Manganese: 0.1mg (4.83%), Fiber: 1.2g (4.81%), Phosphorus: 43.83mg (4.38%), Magnesium: 15.14mg (3.78%), Vitamin B1: 0.05mg (3.39%), Calcium: 29.91mg (2.99%), Copper: 0.06mg (2.98%), Vitamin C: 2.38mg (2.89%), Folate: 10.25µg (2.56%), Vitamin B3: 0.39mg (1.95%), Iron: 0.28mg (1.58%), Vitamin K: 1.44µg (1.37%), Vitamin B6: 0.03mg (1.3%), Vitamin B5: 0.11mg (1.07%)