



Cherry Tortoni

READY IN



360 min.

SERVINGS



10

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup amaretti cookies (from 20 one-inch cookies)
- 2 tablespoons amaretto
- 1.5 teaspoons cornstarch
- 0.5 teaspoon cream of tartar
- 4 large egg whites
- 1.3 cups cup heavy whipping cream chilled
- 2 tablespoons plum brandy sweet
- 0.5 cup sugar
- 0.3 cup butter unsalted melted

- 1.3 cups vanilla wafers fine (from 40 wafers)
- 1 tablespoon water cold

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- knife
- whisk
- sieve
- hand mixer
- kitchen thermometer
- springform pan

Directions

- If using frozen cherries, thaw, reserving juices. Simmer cherries, 1/2 cup sugar, and liqueur in a 2- to 3-quart heavy saucepan, uncovered, stirring occasionally, until cherries are soft, about 5 minutes.
- Whisk together cornstarch and water until combined, then whisk into cherry mixture and boil 1 minute.
- Transfer to a shallow bowl and chill, uncovered, 1 hour.
- Pulse 1 cup almonds in a food processor until finely ground (do not pulse to a paste).
- Transfer to a bowl and stir in wafer crumbs and butter with a fork until combined well. Pat crumb mixture evenly onto bottom and 1 1/2 inches up side of buttered springform pan, then freeze while making filling, about 30 minutes.
- Beat egg whites with remaining 1/3 cup sugar, cream of tartar, and a pinch of salt in a medium metal bowl set over a saucepan of simmering water using a handheld electric mixer at medium-high speed until whites just hold soft peaks and instant-read thermometer registers 170°F, about 5 minutes.

- Remove bowl from saucepan and continue to beat whites until they just hold stiff peaks, about 2 minutes more.
- Beat cream with Marsala in another bowl at medium speed until it just holds stiff peaks. Fold in ground amaretti and half of whites gently but thoroughly. Fold in remaining whites and pour into crust in pan, smoothing top.
- Drain cherries in a sieve set over a bowl and reserve juices. Scatter cherries evenly over top of tortoni, then swirl cherries into tortoni with tip of a sharp knife for a marbled effect.
- Sprinkle top of tortoni with remaining 1/2 cup toasted sliced almonds and freeze, loosely covered, until firm, at least 4 hours.
- Let stand in pan at room temperature 10 minutes to soften slightly before serving. Carefully remove side of pan, then cut tortoni into wedges and serve with cherry juices.
- Tortoni can be frozen up to 1 week.

Nutrition Facts

PROTEIN 5.06%

FAT 55.08%

CARBS 39.86%

Properties

Glycemic Index:14.71, Glycemic Load:14.57, Inflammation Score:-4, Nutrition Score:2.6634782766518%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 2.84mg, Malvidin: 2.84mg, Malvidin: 2.84mg, Malvidin: 2.84mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 312.42kcal (15.62%), Fat: 19.01g (29.24%), Saturated Fat: 11.06g (69.14%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 30.43g (11.06%), Sugar: 23.43g (26.04%), Cholesterol: 48.2mg (16.07%), Sodium: 113.42mg (4.93%), Alcohol: 1.24g (100%), Alcohol %: 1.71% (100%), Protein: 3.93g (7.86%), Vitamin A: 608.3IU (12.17%), Vitamin B2: 0.15mg (9.06%), Selenium: 3.74µg (5.34%), Vitamin B1: 0.07mg (4.37%), Vitamin D: 0.59µg (3.95%), Folate: 14.07µg (3.52%), Vitamin E: 0.42mg (2.82%), Phosphorus: 28.02mg (2.8%), Potassium: 93.19mg (2.66%), Calcium: 23.66mg (2.37%), Fiber: 0.52g (2.09%), Vitamin B3: 0.4mg (2.02%), Vitamin K: 1.41µg (1.35%), Vitamin B12: 0.07µg (1.21%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.17mg (1.04%), Iron: 0.18mg (1.01%)