



Chloe's pink tiramisu

READY IN



25 min.

SERVINGS



6

CALORIES



732 kcal

DESSERT

Ingredients

- ☐ 135 g raspberry jelly
- ☐ 175 g ladyfingers
- ☐ 1 lb strawberries
- ☐ 410 g cherry pie filling red drained canned
- ☐ 2 eggs separated
- ☐ 3 oz sugar
- ☐ 250 g mascarpone cheese
- ☐ 125 ml double cream
- ☐ 6 servings amaretti cookies

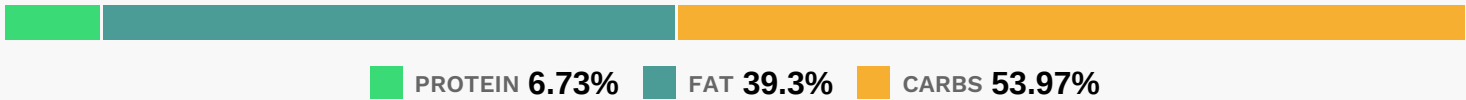
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Make jelly following pack instructions. Once it has cooled down a bit, dip the sponge fingers one-by-one in the liquid jelly, then line them up in the base of a 20 x 25cm baking dish.
- ☐ Spread the fruit filling on top.
- ☐ Beat the egg yolks with the sugar using an electric whisk until the mixture is pale and creamy.
- ☐ Add the mascarpone and double cream, and keep beating until you have a nice thick mixture.
- ☐ In another bowl, whisk the egg whites to stiff peaks, then fold them into the cream mixture.
- ☐ Spread this on top of the fruit filling layer and leave in the fridge overnight.
- ☐ Serve with a few crumbled amaretti biscuits on top.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:20, Inflammation Score:-7, Nutrition Score:11.546086788177%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg

0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 732.09kcal (36.6%), Fat: 32.28g (49.65%), Saturated Fat: 18.18g (113.63%), Carbohydrates: 99.73g (33.24%), Net Carbohydrates: 96.22g (34.99%), Sugar: 51.45g (57.17%), Cholesterol: 184.37mg (61.46%), Sodium: 196.67mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Vitamin C: 49.02mg (59.42%), Vitamin A: 1281.93IU (25.64%), Manganese: 0.4mg (19.81%), Vitamin B2: 0.28mg (16.39%), Fiber: 3.51g (14.04%), Folate: 53.54µg (13.39%), Iron: 2.29mg (12.73%), Phosphorus: 124.32mg (12.43%), Calcium: 118.34mg (11.83%), Selenium: 6.24µg (8.92%), Vitamin B1: 0.13mg (8.78%), Potassium: 278.13mg (7.95%), Copper: 0.16mg (7.75%), Vitamin B5: 0.75mg (7.46%), Vitamin B6: 0.13mg (6.66%), Vitamin B12: 0.38µg (6.38%), Magnesium: 22.24mg (5.56%), Vitamin B3: 1.03mg (5.17%), Zinc: 0.73mg (4.85%), Vitamin D: 0.63µg (4.19%), Vitamin E: 0.59mg (3.95%), Vitamin K: 2.38µg (2.26%)