



## Chocolate-Amaretto Semifreddo

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



441 kcal

DESSERT

### Ingredients

- 0.3 cup amaretto
- 0.8 cup cherries dark sweet frozen canned coarsely chopped ( or )
- 2.5 cups chocolate crème anglaise chilled
- 12 servings semisweet chocolate shavings (see Notes)
- 1 cup bittersweet chocolate finely chopped
- 0.8 cup slivered almonds raw toasted (see Notes)
- 1.5 cups whipping cream

### Equipment

- bowl
- frying pan
- knife
- whisk
- plastic wrap
- loaf pan
- hand mixer

## Directions

- Whisk amaretto into crme anglaise. In a cold bowl with an electric mixer on high speed, beat whipping cream until medium peaks form (they should hold their shape, but not be stiff). Gently fold in about a third of crme anglaise mixture until no white streaks remain. Fold in remaining crme anglaise until blended.
- Line a 9- by 5-in. loaf pan (holds 8 cups) with plastic wrap, leaving overhang on all sides. Gently fold chopped chocolate, almonds, and cherries into crme anglaise mixture. Spoon into pan and cover with overhanging plastic wrap. Freeze until firm, at least 7 1/2 hours and up to 1 week.
- To serve, invert dessert over a platter and remove pan and plastic wrap.
- Let stand 15 minutes at room temperature to soften. Smooth top and sides with a warm knife if needed.
- Garnish with shaved chocolate.

## Nutrition Facts

  

 PROTEIN **4.16%**  FAT **64.28%**  CARBS **31.56%**

## Properties

Glycemic Index:6.22, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:8.8847826693369%

## Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin:

0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 440.93kcal (22.05%), Fat: 32.58g (50.13%), Saturated Fat: 17.86g (111.65%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 31.71g (11.53%), Sugar: 28.87g (32.07%), Cholesterol: 34.55mg (11.52%), Sodium: 16.02mg (0.7%), Alcohol: 1.7g (100%), Alcohol %: 2.08% (100%), Caffeine: 39.17mg (13.06%), Protein: 4.75g (9.5%), Manganese: 0.55mg (27.41%), Copper: 0.48mg (24.22%), Magnesium: 90.08mg (22.52%), Fiber: 4.28g (17.11%), Vitamin E: 2.19mg (14.63%), Phosphorus: 146.04mg (14.6%), Vitamin B2: 0.23mg (13.63%), Iron: 2.31mg (12.81%), Vitamin A: 450.71IU (9.01%), Potassium: 292.94mg (8.37%), Zinc: 1.25mg (8.33%), Calcium: 57.39mg (5.74%), Selenium: 3.52µg (5.03%), Vitamin K: 4.55µg (4.34%), Vitamin B3: 0.66mg (3.3%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.03mg (2.31%), Vitamin B6: 0.04mg (2.24%), Vitamin B5: 0.2mg (1.97%), Folate: 5.6µg (1.4%), Vitamin B12: 0.08µg (1.26%)