



Creamy Berry Ladyfingers

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 5 egg whites
- ☐ 3 ounce ladyfingers split
- ☐ 24 servings powdered sugar
- ☐ 0.5 cup raspberries fresh
- ☐ 2 cups strawberries sliced
- ☐ 1.3 cups sugar divided
- ☐ 1 pound butter unsalted softened cut into 1-inch pieces
- ☐ 0.3 cup water

Equipment

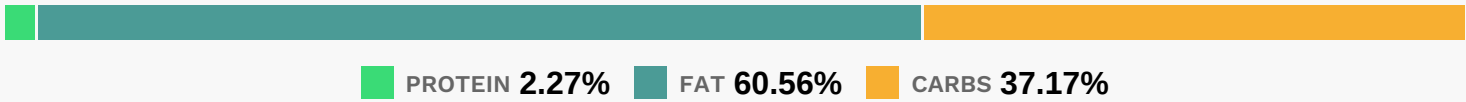
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Process 1/2 cup raspberries in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour through a wire-mesh strainer into a bowl, discarding solids. Set aside.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form. Gradually add 1/4 cup sugar, beating at low speed until blended; set aside.
- ☐ Cook remaining 1 cup sugar and 1/4 cup water in a heavy saucepan over low heat, without stirring, until sugar dissolves and a candy thermometer registers 248 (about 10 minutes).
- ☐ Remove from heat.
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating constantly at high speed for 5 minutes. Gradually add butter pieces and raspberry puree, and beat frosting mixture at medium speed 2 minutes or until creamy.
- ☐ Spoon frosting mixture into a 1-quart zip-top plastic freezer bag or piping bag. Seal freezer bag, and snip a tiny hole in 1 corner of bag. Pipe frosting on cut sides of ladyfingers, and top evenly with sliced strawberries. Dust with powdered sugar.
- ☐ Note: Frosting mixture may be stored in an airtight container in the refrigerator for up to 1 week. To soften for piping or spreading consistency, place in a glass bowl; microwave at HIGH 45 seconds.
- ☐ Whisk and then microwave 30 more seconds.

Whisk until smooth.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:7.58, Inflammation Score:-3, Nutrition Score:2.19478263544%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 3.01mg, Pelargonidin: 3.01mg, Pelargonidin: 3.01mg, Pelargonidin: 3.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 228.06kcal (11.4%), Fat: 15.75g (24.23%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 21.31g (7.75%), Sugar: 18.97g (21.08%), Cholesterol: 48.47mg (16.16%), Sodium: 18.2mg (0.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin A: 494.27IU (9.89%), Vitamin C: 7.71mg (9.35%), Manganese: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.3%), Vitamin E: 0.5mg (3.3%), Selenium: 1.6µg (2.29%), Vitamin D: 0.28µg (1.89%), Fiber: 0.44g (1.75%), Folate: 6.95µg (1.74%), Vitamin K: 1.78µg (1.7%), Phosphorus: 15.21mg (1.52%), Potassium: 41.23mg (1.18%), Iron: 0.21mg (1.18%), Vitamin B12: 0.06µg (1.07%)