



Easy Lemon Berry Tiramisu

READY IN



150 min.

SERVINGS



8

CALORIES



590 kcal

DESSERT

Ingredients

- ☐ 3 cups berries mixed fresh rinsed
- ☐ 1 cup granulated sugar
- ☐ 7.1 oz ladyfingers
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated (1 medium)
- ☐ 16 oz mascarpone cheese room temperature
- ☐ 3 tablespoons powdered sugar
- ☐ 2 teaspoons vanilla
- ☐ 1 cup water

☐ 1 cup whipping cream

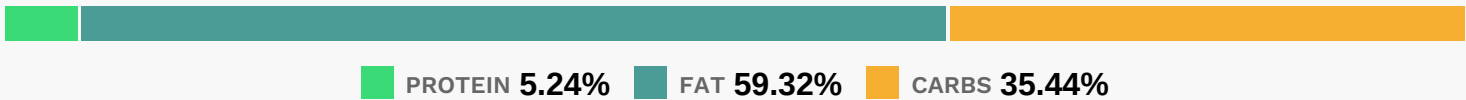
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ In 2-quart saucepan, heat, granulated sugar, water, lemon peel and lemon juice to boiling. Boil until sugar is dissolved.
- ☐ Remove from heat; cool lemon syrup completely.
- ☐ In large bowl, beat mascarpone, cream, powdered sugar and vanilla with electric mixer until stiff peaks form.
- ☐ Line bottom of ungreased 8-inch square (2-quart) glass baking dish with half of the ladyfingers. Generously brush about one-fourth of lemon syrup over ladyfingers.
- ☐ Spread half of mascarpone mixture evenly over ladyfinger layer. Top with half of the berries; brush with lemon syrup. Repeat layers until all ingredients are used.
- ☐ Refrigerate at least 2 hours or overnight before serving.
- ☐ Cut into 4 rows by 2 rows.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:6.1504348101823%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg,

Peonidin: 0.27mg, Peonidin: 0.27mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 589.63kcal (29.48%), Fat: 39.01g (60.01%), Saturated Fat: 23.63g (147.66%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 50.56g (18.39%), Sugar: 33.91g (37.67%), Cholesterol: 145.92mg (48.64%), Sodium: 78.73mg (3.42%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 7.75g (15.49%), Vitamin A: 1398.21IU (27.96%), Calcium: 117.66mg (11.77%), Vitamin B2: 0.19mg (11.31%), Vitamin K: 10.48µg (9.99%), Fiber: 1.89g (7.54%), Manganese: 0.15mg (7.5%), Phosphorus: 67.6mg (6.76%), Vitamin B1: 0.1mg (6.49%), Folate: 25.45µg (6.36%), Iron: 1.06mg (5.88%), Vitamin C: 3.73mg (4.52%), Vitamin B5: 0.44mg (4.36%), Vitamin B3: 0.86mg (4.3%), Vitamin B12: 0.24µg (3.94%), Vitamin B6: 0.08mg (3.91%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.48µg (3.17%), Copper: 0.05mg (2.74%), Zinc: 0.41mg (2.73%), Potassium: 94.78mg (2.71%), Magnesium: 8.72mg (2.18%), Selenium: 1.13µg (1.61%)