



Engagement Ring Parfait

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



954 kcal

DESSERT

Ingredients

- 1 cup almond biscotti crumbled finely
- 0.5 cup heavy cream
- 1 tablespoon juice of lemon
- 4 ounces mascarpone cheese (half of an 8-ounce container)
- 1.3 cups strawberries hulled sliced
- 2 tablespoons sugar
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- blender

Directions

- Watch how to make this recipe.
- In a medium bowl, toss the strawberries, 1 tablespoon sugar and the lemon juice until the sugar dissolves.
- Let sit out at room temperature while you prep the remaining ingredients.
- Add the mascarpone to a large bowl. Beat with a hand-held mixer until soft and loose.
- Add the heavy cream, the remaining 1 tablespoon sugar and the vanilla and whip until you reach soft peaks.
- Add a layer of crumbled biscotti to the bottom of two 12-ounce martini glasses (or any other decorative glass). Top with a layer of whipped mascarpone, and then a layer of strawberries. Repeat the layering.
- Sprinkle with the remaining crumbled biscotti.

Nutrition Facts

■ PROTEIN **8.71%** ■ FAT **75.88%** ■ CARBS **15.41%**

Properties

Glycemic Index:60.05, Glycemic Load:11.07, Inflammation Score:-9, Nutrition Score:30.179999937182%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg

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Nutrients (% of daily need)

Calories: 953.84kcal (47.69%), Fat: 83g (127.69%), Saturated Fat: 32.29g (201.84%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 27.14g (9.87%), Sugar: 21.67g (24.07%), Cholesterol: 123.93mg (41.31%), Sodium: 49.24mg (2.14%), Alcohol: 0.69g (100%), Alcohol %: 0.29% (100%), Protein: 21.45g (42.89%), Vitamin E: 19.12mg (127.49%), Manganese: 1.99mg (99.39%), Vitamin C: 56.18mg (68.1%), Vitamin B2: 0.95mg (56%), Magnesium: 209.6mg (52.4%), Fiber: 10.76g (43.04%), Phosphorus: 400.74mg (40.07%), Copper: 0.79mg (39.48%), Vitamin A: 1680.4IU (33.61%), Calcium: 326.17mg (32.62%), Potassium: 729.24mg (20.84%), Iron: 3.1mg (17.2%), Zinc: 2.51mg (16.71%), Vitamin B3: 2.99mg (14.95%), Folate: 56.94µg (14.23%), Vitamin B1: 0.18mg (12.14%), Vitamin B6: 0.17mg (8.25%), Selenium: 5.16µg (7.37%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.61mg (6.1%), Vitamin K: 3.88µg (3.7%), Vitamin B12: 0.1µg (1.59%)