



Lemon and Amaretti Semifreddo with Raspberry Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 1 cup amaretti cookies italian divided crushed (macaroons; 3 ounces)
- ☐ 4 large egg whites
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 cups cup heavy whipping cream chilled
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup powdered sugar divided
- ☐ 20 ounce karo syrup frozen thawed

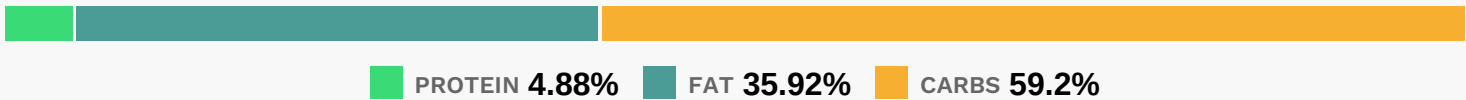
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Puree raspberries with syrup in blender. Strain puree into medium bowl; discard seeds. Cover; chill. (Can be made 2 days ahead. Keep chilled.)
- ☐ Line 7- to 8-cup loaf pan or other mold with 2 layers of plastic wrap, leaving long overhang. Freeze pan. Using electric mixer, beat egg whites in medium bowl until soft peaks form.
- ☐ Add 1/4 cup powdered sugar; beat until stiff but not dry. Using same beaters, beat cream and remaining 3/4 cup powdered sugar in large bowl until peaks form. Fold in lemon peel and cinnamon. Fold large spoonful of cream mixture into whites, then fold whites back into cream in 2 additions. Fold in 3/4 cup amaretti.
- ☐ Transfer mixture to prepared pan. Cover with plastic wrap overhang, then foil. Freeze at least 4 hours. (Can be made 2 days ahead. Keep frozen.)
- ☐ Remove foil and open plastic. Turn semifreddo out onto platter.
- ☐ Remove pan; peel off plastic.
- ☐ Sprinkle with remaining 1/4 cup amaretti.
- ☐ Serve semifreddo with sauce.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.70260868837%

Nutrients (% of daily need)

Calories: 416.59kcal (20.83%), Fat: 17.86g (27.48%), Saturated Fat: 11.03g (68.93%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 65.78g (23.92%), Sugar: 56.15g (62.39%), Cholesterol: 53.79mg (17.93%), Sodium: 110.27mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Vitamin A: 699.89IU (14%), Vitamin B2: 0.15mg (8.82%), Calcium: 70.78mg (7.08%), Selenium: 4.14µg (5.92%), Vitamin D: 0.76µg (5.08%), Phosphorus: 29.63mg (2.96%), Vitamin E: 0.44mg (2.93%), Potassium: 67.4mg (1.93%), Fiber: 0.47g (1.89%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.09µg (1.47%), Vitamin K: 1.53µg (1.46%), Iron: 0.23mg (1.26%), Magnesium: 4.83mg (1.21%)