



Lemon Berrymisu

READY IN



30 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces blackberries
- ☐ 6 ounces blueberries
- ☐ 3 oz ladyfingers soft
- ☐ 1 tablespoon lemon zest
- ☐ 6 tablespoons lemonade concentrate frozen thawed
- ☐ 8 ounces mascarpone cheese
- ☐ 0.5 cup powdered sugar
- ☐ 6 ounces raspberries
- ☐ 1 cup whipping cream

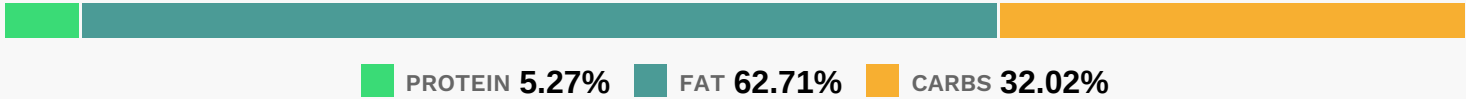
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Whip cream, sugar, mascarpone, and lemon zest with a mixer until soft peaks barely form.
- ☐ Lay half of the ladyfingers in a 2-qt. glass serving dish or an 8-in. square pan, separating them a bit if needed for fit.
- ☐ Brush ladyfingers with half of limoncello. Dollop and spread with half of cream mixture, then sprinkle with half of mixed berries. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:6.4973912498225%

Flavonoids

Cyanidin: 32.78mg, Cyanidin: 32.78mg, Cyanidin: 32.78mg, Cyanidin: 32.78mg Petunidin: 6.77mg, Petunidin: 6.77mg, Petunidin: 6.77mg Delphinidin: 7.81mg, Delphinidin: 7.81mg, Delphinidin: 7.81mg, Delphinidin: 7.81mg Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg, Malvidin: 14.4mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 4.38mg, Peonidin: 4.38mg, Peonidin: 4.38mg, Peonidin: 4.38mg Catechin: 9.28mg, Catechin: 9.28mg, Catechin: 9.28mg, Catechin: 9.28mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 351.11kcal (17.56%), Fat: 24.86g (38.24%), Saturated Fat: 15.17g (94.79%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 25.32g (9.21%), Sugar: 17.27g (19.18%), Cholesterol: 85.46mg (28.49%), Sodium: 40.86mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin A: 957.7IU (19.15%), Manganese:

0.38mg (18.94%), Vitamin C: 14.7mg (17.81%), Fiber: 3.24g (12.95%), Vitamin K: 10.95µg (10.42%), Calcium: 78.93mg (7.89%), Vitamin B2: 0.13mg (7.4%), Vitamin E: 0.84mg (5.6%), Folate: 21.31µg (5.33%), Phosphorus: 49.91mg (4.99%), Iron: 0.77mg (4.27%), Copper: 0.08mg (4.12%), Vitamin B1: 0.06mg (3.85%), Potassium: 132.53mg (3.79%), Vitamin B5: 0.36mg (3.65%), Magnesium: 14.45mg (3.61%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.06mg (2.8%), Vitamin B12: 0.13µg (2.12%), Selenium: 1.14µg (1.62%)