

Lemon Tiramisù

READY IN



410 min.

SERVINGS



30

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz ladyfingers
- ☐ 1.5 cups lemon curd quick
- ☐ 8 oz mascarpone cheese
- ☐ 24 small mint leaves fresh
- ☐ 24 raspberries fresh
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup whipping cream
- ☐ 1.5 oz frangelico

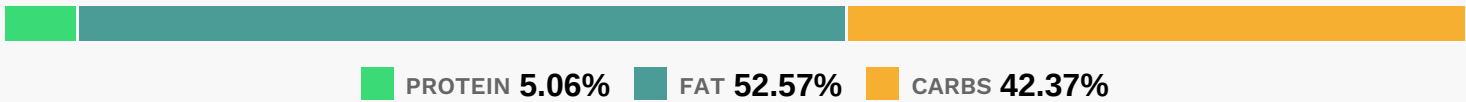
Equipment

☐ hand mixer

Directions

- ☐ Stir together first 3 ingredients just until blended.
- ☐ Beat whipping cream at medium speed with an electric mixer until soft peaks form; fold into cheese mixture. Spoon mixture into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a 1/2-inch hole.
- ☐ Cut ladyfingers in half crosswise. Press 1 ladyfinger half into bottom of each shot glass. Spoon 1 1/2 tsp. lemon curd into each glass. Pipe a small amount of mascarpone mixture into each glass. Repeat layers once with remaining ladyfingers, lemon curd, and mascarpone mixture. Top each with 1 raspberry and 1 mint sprig. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:1.1926086959632%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 134.54kcal (6.73%), Fat: 7.85g (12.08%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.99g (5.09%), Sugar: 10.44g (11.6%), Cholesterol: 29.06mg (9.69%), Sodium: 48.86mg (2.12%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 1.7g (3.4%), Vitamin A: 288.49IU (5.77%), Vitamin

B2: 0.04mg (2.52%), Calcium: 20.89mg (2.09%), Manganese: 0.03mg (1.73%), Phosphorus: 15.47mg (1.55%), Folate: 5.93µg (1.48%), Iron: 0.26mg (1.47%), Vitamin B1: 0.02mg (1.26%)