



Lemon Tiramisu Trifle

READY IN



500 min.

SERVINGS



8

CALORIES



652 kcal

DESSERT

Ingredients

- ☐ 12 ounces cream cheese softened
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups heavy cream
- ☐ 22 ladyfinger cookies hard
- ☐ 8 ounce lemon curd prepared
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 servings powdered sugar for garnish
- ☐ 3 cups raspberries and strawberries mixed sliced
- ☐ 8 servings whipped cream for serving

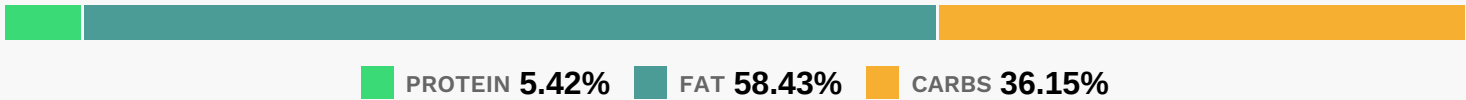
Equipment

- ☐ food processor
- ☐ plastic wrap
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ In a small measuring cup, mix the lemon juice with the sugar and 1/4 cup water until the sugar is dissolved. Set aside.
- ☐ Place the cream cheese, lemon curd and heavy cream in a food processor and process until smooth and a bit fluffy.
- ☐ To assemble the tiramisu, place half the ladyfingers in the bottom of an 8-inch square baking dish, breaking a few to fit, and drizzle with half of the lemon syrup. Top with half the lemon cream and 1 cup mixed berries. Repeat the layers, using the remaining ladyfingers, syrup and lemon cream.
- ☐ Cover with plastic wrap and chill at least 8 hours or overnight. Before serving, top with the remaining 2 cups of berries and dust with powdered sugar.
- ☐ Serve with whipped cream on the side.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:6.04, Inflammation Score:-7, Nutrition Score:10.355652042057%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg

Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 652.2kcal (32.61%), Fat: 43.13g (66.36%), Saturated Fat: 25.84g (161.5%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 56.72g (20.63%), Sugar: 37.07g (41.19%), Cholesterol: 181.6mg (60.53%), Sodium: 280.34mg (12.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.01%), Vitamin A: 1670.35IU (33.41%), Vitamin B2: 0.36mg (21.41%), Manganese: 0.38mg (19.05%), Vitamin C: 15.1mg (18.3%), Phosphorus: 151.34mg (15.13%), Fiber: 3.31g (13.23%), Calcium: 112.65mg (11.26%), Folate: 40.65µg (10.16%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 1.35mg (9.03%), Iron: 1.52mg (8.43%), Vitamin B1: 0.13mg (8.4%), Selenium: 5.71µg (8.16%), Vitamin B12: 0.43µg (7.22%), Potassium: 231.75mg (6.62%), Vitamin D: 0.98µg (6.51%), Vitamin K: 6.42µg (6.12%), Zinc: 0.92mg (6.11%), Magnesium: 22.64mg (5.66%), Vitamin B6: 0.11mg (5.61%), Vitamin B3: 0.99mg (4.97%), Copper: 0.09mg (4.31%)