



## Lemon Tortoni Dessert

READY IN



20 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

### Ingredients

- 0.3 cup almonds toasted sliced
- 0.8 cup purchased biscotti crushed
- 0.5 cup domino confectioners sugar
- 8 oz cream cheese softened
- 2 tablespoons half-and-half
- 1 pt lemon sorbet softened

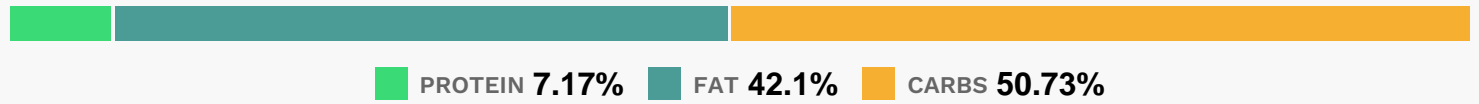
### Equipment

- hand mixer

# Directions

- Beat cream cheese at medium speed with an electric mixer until creamy. Gradually add confectioners sugar, beating until blended. Gradually add half-and-half, beating until blended. Fold in lemon sorbet and remaining ingredients.
- Scoop mixture evenly into 8 paper-lined baking cups in muffin pans. Freeze 4 hours or until firm.
- \*3/4 cup crushed shortbread cookies may be substituted.
- Note: Dessert may be stored in an airtight container in the freezer up to 1 month.

# Nutrition Facts



# Properties

Glycemic Index:4.63, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:2.7473913421449%

# Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 325.77kcal (16.29%), Fat: 15.33g (23.58%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 40.07g (14.57%), Sugar: 27.88g (30.98%), Cholesterol: 52.79mg (17.6%), Sodium: 204.97mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin A: 504.94IU (10.1%), Vitamin E: 0.99mg (6.59%), Vitamin B2: 0.11mg (6.28%), Fiber: 1.48g (5.93%), Phosphorus: 47.73mg (4.77%), Calcium: 39.32mg (3.93%), Selenium: 2.72µg (3.89%), Manganese: 0.07mg (3.46%), Iron: 0.54mg (3.02%), Magnesium: 10.69mg (2.67%), Vitamin B5: 0.19mg (1.86%), Potassium: 63.6mg (1.82%), Copper: 0.04mg (1.78%), Zinc: 0.25mg (1.65%), Vitamin B12: 0.07µg (1.16%), Vitamin B6: 0.02mg (1.08%)