




Limoncello Macerated Strawberries with Mascarpone and Pistachios

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



782 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup heavy cream cold
- 1 tablespoon honey
- 0.3 cup limoncello
- 1.5 cups mascarpone cheese
- 4 servings mint sprigs for garnish
- 4 servings pistachios toasted coarsely chopped
- 1 pint strawberries hulled sliced quartered

3 tablespoons sugar if needed

0.5 vanilla pod

Equipment

bowl

whisk

Directions

Watch how to make this recipe.

Combine the strawberries, sugar and limoncello in a medium bowl and let macerate for 30 minutes, stirring occasionally.

Combine the mascarpone, vanilla bean seeds and heavy cream in a large bowl and whisk until light and fluffy.

Divide the cream among 4 bowls or goblets, top with some of the berries and the juices and sprinkle with pistachios.

Garnish with mint sprigs and serve.

Nutrition Facts



PROTEIN 6.94% **FAT 72.85%** **CARBS 20.21%**

Properties

Glycemic Index:45.09, Glycemic Load:12.09, Inflammation Score:-9, Nutrition Score:16.505217326724%

Flavonoids

Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg

0.1mg, Hesperetin: 0.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 782.42kcal (39.12%), Fat: 61.9g (95.24%), Saturated Fat: 32.04g (200.27%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 33.3g (12.11%), Sugar: 27.76g (30.84%), Cholesterol: 117.99mg (39.33%), Sodium: 56.51mg (2.46%), Alcohol: 4.73g (100%), Alcohol %: 2.06% (100%), Protein: 13.27g (26.55%), Vitamin C: 71.65mg (86.85%), Manganese: 0.81mg (40.46%), Vitamin A: 1791.45IU (35.83%), Vitamin B6: 0.54mg (27.23%), Copper: 0.43mg (21.49%), Fiber: 5.34g (21.36%), Calcium: 188.92mg (18.89%), Vitamin B1: 0.28mg (18.58%), Phosphorus: 183.79mg (18.38%), Potassium: 504.85mg (14.42%), Magnesium: 52.25mg (13.06%), Folate: 45.11µg (11.28%), Iron: 1.69mg (9.39%), Vitamin E: 1.26mg (8.41%), Vitamin B2: 0.13mg (7.83%), Zinc: 0.88mg (5.84%), Selenium: 3.42µg (4.89%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.38mg (3.76%), Vitamin K: 3.55µg (3.39%), Vitamin D: 0.48µg (3.17%)