



Marsala and Mascarpone Mousse with Pound Cake and Berries

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



2395 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 3 egg yolks
- ☐ 0.3 cup imported marsala sweet
- ☐ 8 ounces mascarpone cheese
- ☐ 1 pint raspberries
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup whipping cream chilled
- ☐ 6 inch x

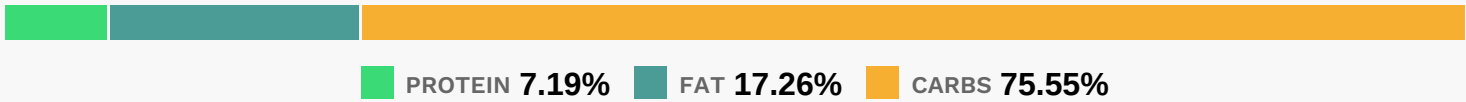
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Whisk sugar, 1/3 cup Marsala, and egg yolks to blend in large metal bowl. Set over pan of barely simmering water (do not allow bowl to touch water); whisk constantly until mixture thickens and thermometer registers 160°F, about 6 minutes.
- ☐ Place bowl over large bowl filled with ice; continue whisking until zabaglione cools, about 3 minutes.
- ☐ Whisk mascarpone to loosen in another large bowl; in 3 additions, fold in zabaglione. Whip cream, vanilla, and cinnamon in small bowl until soft peaks form; fold into zabaglione.
- ☐ Sprinkle pound cake strips with remaining 3 tablespoons Marsala. Arrange 4 strips in each of 6 goblets.
- ☐ Sprinkle a few raspberries over; top with 1/2 cup mousse.
- ☐ Sprinkle remaining raspberries over. Cover; chill 1 hour or overnight.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:12.74, Inflammation Score:-9, Nutrition Score:49.95434787999%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 1.13mg, Petunidin: 1.13mg, Petunidin: 1.13mg, Petunidin: 1.13mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 12.75mg, Malvidin: 12.75mg, Malvidin: 12.75mg, Malvidin: 12.75mg Pelargonidin: 0.77mg,

Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 2395.18kcal (119.76%), Fat: 45.75g (70.39%), Saturated Fat: 21.55g (134.71%), Carbohydrates: 450.46g (150.15%), Net Carbohydrates: 441.84g (160.67%), Sugar: 275.06g (305.62%), Cholesterol: 861.21mg (287.07%), Sodium: 4331.36mg (188.32%), Alcohol: 2.15g (100%), Alcohol %: 0.32% (100%), Protein: 42.88g (85.75%), Vitamin B2: 1.98mg (116.28%), Vitamin B1: 1.72mg (114.95%), Iron: 19.63mg (109.03%), Phosphorus: 1016.05mg (101.6%), Manganese: 2.01mg (100.72%), Selenium: 68.75µg (98.22%), Folate: 354.8µg (88.7%), Vitamin B3: 13.83mg (69.17%), Calcium: 582.44mg (58.24%), Vitamin A: 2039.39IU (40.79%), Vitamin B5: 3.88mg (38.82%), Fiber: 8.62g (34.48%), Vitamin B12: 1.86µg (31.05%), Zinc: 4.12mg (27.45%), Copper: 0.52mg (25.78%), Vitamin C: 20.78mg (25.19%), Potassium: 844.29mg (24.12%), Magnesium: 96.38mg (24.09%), Vitamin B6: 0.44mg (22.04%), Vitamin E: 2.76mg (18.39%), Vitamin D: 2.18µg (14.56%), Vitamin K: 8.26µg (7.86%)