



Mascarpone Cream Pie with Berry Glaze

READY IN



45 min.

SERVINGS



8

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 8 servings berry glaze
- ☐ 6 tablespoons butter
- ☐ 6.8 ounce bordeaux cookies crumbled
- ☐ 0.3 cup cornstarch
- ☐ 2 egg yolks lightly beaten
- ☐ 8 ounce mascarpone cheese softened
- ☐ 2 teaspoons orange juice fresh
- ☐ 8 servings garnish: orange rind strips
- ☐ 0.5 cup pecans chopped

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups whipping cream

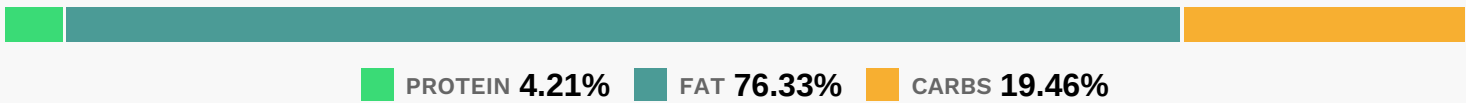
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Melt butter in a medium saucepan over medium-high heat. Cook 3 minutes or until golden brown. Stir in cookie crumbs and pecans. Press mixture into bottom and up sides of a lightly greased 9-inch tart pan.
- ☐ Bake at 350 for 15 minutes or until golden brown; cool.
- ☐ Combine cornstarch and sugar in a medium saucepan; stir in cream. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir about 1/4 cup hot mixture into egg yolks; add to remaining hot mixture, and cook, stirring constantly, 1 minute.
- ☐ Remove mixture from heat.
- ☐ Stir in mascarpone cheese, liqueur, and vanilla until smooth.
- ☐ Pour into prepared crust.
- ☐ Spread 2/3 cup Berry Glaze over filling; chill 8 hours.
- ☐ Serve with remaining Berry Glaze.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Pepperidge Farm cookies

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:8.8473913669586%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 583.54kcal (29.18%), Fat: 49.73g (76.51%), Saturated Fat: 22.75g (142.18%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 26.22g (9.54%), Sugar: 10.31g (11.46%), Cholesterol: 127.38mg (42.46%), Sodium: 214.16mg (9.31%), Alcohol: 0.5g (100%), Alcohol %: 0.45% (100%), Protein: 6.17g (12.33%), Vitamin A: 1568.6IU (31.37%), Manganese: 0.42mg (20.85%), Vitamin C: 16.71mg (20.25%), Vitamin B2: 0.21mg (12.23%), Vitamin B1: 0.16mg (10.81%), Calcium: 105.55mg (10.56%), Vitamin E: 1.57mg (10.44%), Fiber: 2.3g (9.2%), Phosphorus: 83.76mg (8.38%), Selenium: 5.86µg (8.36%), Folate: 33µg (8.25%), Iron: 1.17mg (6.51%), Vitamin D: 0.96µg (6.38%), Copper: 0.13mg (6.3%), Vitamin B3: 1.01mg (5.07%), Magnesium: 18.16mg (4.54%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.67mg (4.47%), Vitamin K: 4.49µg (4.28%), Vitamin B6: 0.09mg (4.27%), Potassium: 127.96mg (3.66%), Vitamin B12: 0.17µg (2.83%)