



Mascarpone Pie

READY IN



15 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 4 cups poached berries fresh assorted pitted sliced
- ☐ 0.5 cup garnish: blackberry jam seedless
- ☐ 1 baked chocolate butter cookie crust
- ☐ 0.3 cup granulated sugar
- ☐ 8 oz mascarpone cheese
- ☐ 0.3 cup orange liqueur
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipped cream

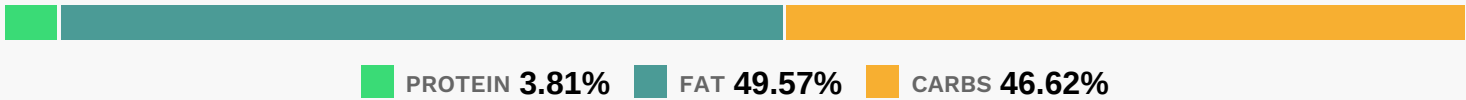
Equipment

☐ hand mixer

Directions

- ☐ Beat mascarpone cheese and sugar at medium speed with an electric mixer until blended. Fold in whipped cream and vanilla; spoon into prepared crust. Cover and chill 8 hours.
- ☐ Arrange fruit over cheese filling. Stir together jam and liqueur; drizzle over fruit.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:13.32, Inflammation Score:-4, Nutrition Score:3.5291304679021%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 313.55kcal (15.68%), Fat: 16.67g (25.65%), Saturated Fat: 10.07g (62.94%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 32.96g (11.98%), Sugar: 26.77g (29.74%), Cholesterol: 39.75mg (13.25%), Sodium: 25.7mg (1.12%), Alcohol: 2.09g (100%), Alcohol %: 1.69% (100%), Protein: 2.88g (5.77%), Vitamin K: 12.99µg (12.38%), Vitamin A: 535.29IU (10.71%), Fiber: 2.33g (9.31%), Calcium: 65.48mg (6.55%), Manganese: 0.13mg (6.26%), Vitamin C: 3.81mg (4.62%), Vitamin B2: 0.06mg (3.37%), Vitamin E: 0.49mg (3.29%), Vitamin B6: 0.06mg (2.81%), Phosphorus: 26.56mg (2.66%), Copper: 0.05mg (2.6%), Potassium: 83.49mg (2.39%), Vitamin B1: 0.03mg (2.3%), Vitamin B3: 0.44mg (2.18%), Folate: 8.3µg (2.08%), Magnesium: 6.69mg (1.67%), Vitamin B5: 0.15mg (1.47%), Iron: 0.26mg (1.46%), Selenium: 0.77µg (1.1%)