



Mixed Berries with Mascarpone-Limoncello Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

Ingredients

- 8 cups blackberries fresh assorted hulled sliced (such as raspberries, blueberries, blackberries, and strawberries; 2 pounds)
- 1 tablespoon lemon zest grated
- 4 ounce mascarpone cheese
- 0.8 cup raspberry jam
- 3 tablespoons sugar
- 0.8 cup whipping cream chilled

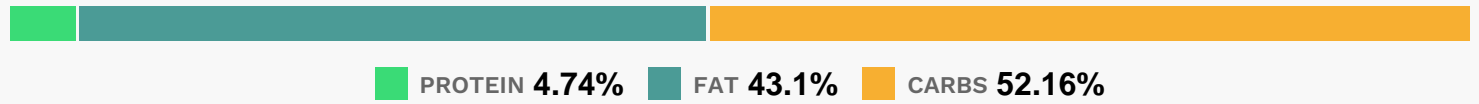
Equipment

bowl

Directions

- Combine whipping cream, mascarpone, 3 tablespoons sugar, and limoncello in large bowl. Beat until soft peaks form.
- Combine all berries, raspberry preserves, lemon peel, and remaining 1/2 cup sugar in another large bowl; toss gently. Divide berry mixture among 8 coupes. Top with mascarpone cream.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:16.58, Inflammation Score:-8, Nutrition Score:11.731304267178%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 307.86kcal (15.39%), Fat: 15.18g (23.35%), Saturated Fat: 9.12g (57.03%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 33.26g (12.09%), Sugar: 27.66g (30.73%), Cholesterol: 39.39mg (13.13%), Sodium: 25.55mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Manganese: 0.94mg (47.17%), Vitamin C: 34.15mg (41.39%), Fiber: 8.06g (32.25%), Vitamin K: 29.23µg (27.83%), Vitamin A: 834.98IU (16.7%), Copper: 0.27mg (13.65%), Vitamin E: 1.93mg (12.87%), Folate: 40.5µg (10.12%), Calcium: 83.76mg (8.38%), Potassium: 280.31mg (8.01%), Magnesium: 31.75mg (7.94%), Vitamin B2: 0.11mg (6.18%), Iron: 1.08mg (6%), Zinc: 0.84mg (5.59%), Phosphorus: 50.77mg (5.08%), Vitamin B3: 0.96mg (4.79%), Vitamin B5: 0.46mg (4.63%), Vitamin B6: 0.06mg (2.93%), Selenium: 1.92µg (2.74%), Vitamin B1: 0.04mg (2.59%), Vitamin D: 0.36µg (2.38%)