



Mixed-Berry Tiramisù with Lime Curd

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

SIDE DISH

Ingredients

- 5 ounces blackberries fresh
- 17 ounces blueberries fresh
- 0.5 cup cup heavy whipping cream chilled
- 7 ounce ladyfingers soft crisp (savoardi, Boudoirs, or Champagne biscuits; do not use ladyfingers)
- 3 tablespoons juice of lime fresh
- 4.5 inch lime zest green shaved with vegetable peeler)
- 1 ounce mascarpone cheese
- 1 cup powdered sugar
- 20.5 ounces raspberries fresh

- 1 cup strawberries fresh thinly sliced
- 0.3 cup sugar
- 0.3 cup water

Equipment

- bowl
- sauce pan
- blender
- pastry brush
- glass baking pan


Directions

- Combine blueberries, raspberries, blackberries, powdered sugar, and 1/2 cup water in large saucepan. Bring to simmer, stirring until sugar dissolves. Reduce heat to medium and simmer until berries are soft but still intact, stirring occasionally, about 8 minutes.
- Transfer mixture to large bowl; stir in lime juice. Cool to room temperature. Stir strawberries into berry mixture. Chill until cold, about 4 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- Combine 1/3 cup water, 1/3 cup sugar, and lime peel strips in small saucepan. Bring to boil over medium heat, stirring until sugar dissolves.
- Pour syrup into bowl. Cool to room temperature; discard lime peel.
- Using pastry brush, brush ladyfinger on both sides with syrup. Arrange in single layer in 13x9x2-inch glass baking dish, cutting to fit and covering bottom of dish completely.
- Pour chilled berry mixture over.
- Combine mascarpone and cream in large bowl. Using electric mixer, beat until smooth and slightly thickened (do not overbeat or mixture may curdle).
- Add Lime Curd; beat just until blended. Drop mascarpone topping by large spoonfuls over berry mixture.
- Spread evenly, covering berries completely. Cover and chill at least 8 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Spoon tiramisù into bowls and serve.

* Available at some supermarkets and at specialty foods stores and Italian markets.

** An Italian cream cheese; sold at many supermarkets and at Italian markets.

Nutrition Facts

 **PROTEIN 5.75%**  **FAT 25.95%**  **CARBS 68.3%**

Properties

Glycemic Index:19.42, Glycemic Load:6.92, Inflammation Score:-5, Nutrition Score:8.1360869252163%

Flavonoids

Cyanidin: 37.57mg, Cyanidin: 37.57mg, Cyanidin: 37.57mg, Cyanidin: 37.57mg Petunidin: 12.83mg, Petunidin: 12.83mg, Petunidin: 12.83mg, Petunidin: 12.83mg Delphinidin: 14.91mg, Delphinidin: 14.91mg, Delphinidin: 14.91mg, Delphinidin: 14.91mg Malvidin: 27.21mg, Malvidin: 27.21mg, Malvidin: 27.21mg, Malvidin: 27.21mg Pelargonidin: 3.51mg, Pelargonidin: 3.51mg, Pelargonidin: 3.51mg, Pelargonidin: 3.51mg Peonidin: 8.24mg, Peonidin: 8.24mg, Peonidin: 8.24mg, Peonidin: 8.24mg Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 223.16kcal (11.16%), Fat: 6.71g (10.32%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 34.57g (12.57%), Sugar: 22.99g (25.55%), Cholesterol: 50.12mg (16.71%), Sodium: 30.08mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin C: 27.52mg (33.36%), Manganese: 0.62mg (31.16%), Fiber: 5.18g (20.72%), Vitamin K: 14.48µg (13.79%), Folate: 31.98µg (7.99%), Vitamin B2: 0.13mg (7.86%), Vitamin A: 337.43IU (6.75%), Iron: 1.19mg (6.6%), Vitamin E: 0.92mg (6.16%), Phosphorus: 59.36mg (5.94%), Vitamin B1: 0.09mg (5.71%), Copper: 0.11mg (5.61%), Magnesium: 20.08mg (5.02%), Potassium: 175.12mg (5%), Vitamin B5: 0.47mg (4.73%), Vitamin B3: 0.94mg (4.71%), Vitamin B6: 0.08mg (4.1%), Calcium: 38.61mg (3.86%), Zinc: 0.57mg (3.77%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.16µg (1.06%)