



Quick Raspberry Charlotte

READY IN



50 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cognac
- ☐ 0.8 cup heavy cream chilled
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 10 ounces raspberries frozen (not in syrup)
- ☐ 7 ounces savoiardi italian crisp (ladyfingers)
- ☐ 0.3 cup rounded sugar
- ☐ 1 pint premium vanilla ice cream melted
- ☐ 1 cup water

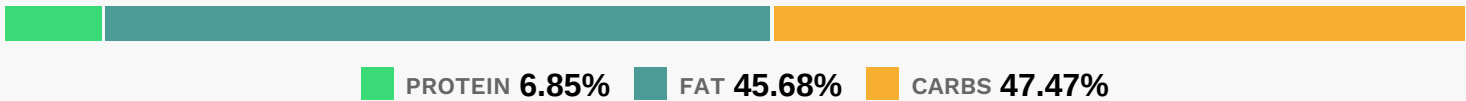
Equipment

- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Layer ladyfingers in soufflé dish. Stir Cognac into melted ice cream and pour evenly over cookies.
- ☐ Let stand 10 minutes.
- ☐ Purée, raspberries with water, sugar, and lemon juice in a blender until smooth.
- ☐ Beat cream with an electric mixer or a whisk until it just holds stiff peaks, then add 3/4 cup raspberry sauce and continue to beat until mixture holds soft peaks.
- ☐ Lightly press on cookies with a spatula to compact slightly, then drizzle 1/2 cup raspberry sauce over them.
- ☐ Spread raspberry cream evenly on top and chill, covered, in freezer 30 minutes.
- ☐ Serve charlotte with remaining raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:10.247391255006%

Flavonoids

Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg

Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 447.82kcal (22.39%), Fat: 22.76g (35.02%), Saturated Fat: 13.36g (83.48%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 49.25g (17.91%), Sugar: 28.02g (31.14%), Cholesterol: 141.41mg (47.14%), Sodium: 122.31mg (5.32%), Alcohol: 0.83g (100%), Alcohol %: 0.44% (100%), Protein: 7.68g (15.36%), Vitamin B2: 0.41mg (23.92%), Manganese: 0.4mg (20.17%), Vitamin A: 968.9IU (19.38%), Phosphorus: 171.18mg (17.12%), Vitamin C: 13.51mg (16.38%), Fiber: 3.96g (15.83%), Calcium: 149.28mg (14.93%), Vitamin B5: 1.06mg (10.6%), Folate: 40.77µg (10.19%), Vitamin B12: 0.6µg (10.05%), Vitamin B1: 0.15mg (9.85%), Iron: 1.62mg (8.98%), Potassium: 295.42mg (8.44%), Zinc: 1.2mg (7.98%), Magnesium: 27.96mg (6.99%), Vitamin E: 0.92mg (6.15%), Vitamin B6: 0.12mg (5.76%), Vitamin B3: 1.09mg (5.45%), Copper: 0.1mg (5.15%), Vitamin K: 4.87µg (4.64%), Vitamin D: 0.63µg (4.22%), Selenium: 2.46µg (3.51%)