



Raspberry Semifreddo Torte

READY IN



4500 min.

SERVINGS



10

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds cooled toasted
- ☐ 10 servings poached berries
- ☐ 2 large eggs
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 6 ounces raspberries
- ☐ 10.7 ounce shortbread cookies
- ☐ 0.5 cup sugar

Equipment

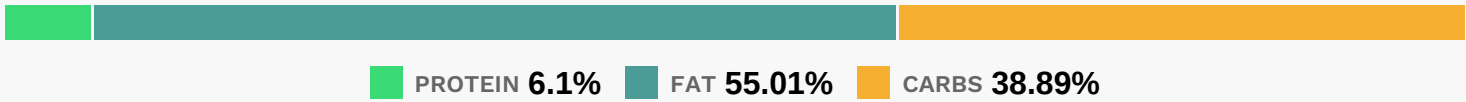
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Break shortbread into pieces and pulse pieces with nuts in a food processor until finely ground.
- ☐ Press firmly over bottom and 1 1/4 inches up side of a 24-centimeter springform pan.
- ☐ Bake crust in middle of oven 10 minutes, then cool in pan on a rack.
- ☐ Beat eggs, 1/2 cup sugar, and a pinch of salt in a metal bowl with a handheld electric mixer at medium-high speed until doubled in volume, about 5 minutes. Set bowl over a saucepan with 1 inch of simmering water and beat custard until an instant-read thermometer registers 140°F, about 5 minutes. Continue beating over heat 3 minutes more.
- ☐ Remove bowl from heat and chill custard until cool, about 10 minutes.
- ☐ Toss raspberries with remaining tablespoon sugar in a large fine sieve set over a bowl, then force berries through sieve, pressing on solids, and discard seeds. Fold strained raspberries into cooled custard.
- ☐ Beat cream with cleaned beaters until it just holds stiff peaks and fold gently into raspberry mixture.
- ☐ Spoon filling into crust, smoothing top. Wrap pan in foil and freeze at least 4 hours. (Filling will be firm but not frozen solid.)
- ☐ Run a thin knife around edge of torte and remove side of pan.

You can freeze torte up to 2 days.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:19.38, Inflammation Score:-4, Nutrition Score:7.7460869498875%

Flavonoids

Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 339.9kcal (17%), Fat: 21.18g (32.59%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 31.27g (11.37%), Sugar: 18.39g (20.43%), Cholesterol: 64.09mg (21.36%), Sodium: 127.72mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Manganese: 0.41mg (20.58%), Vitamin E: 3.05mg (20.3%), Vitamin B2: 0.28mg (16.21%), Fiber: 2.42g (9.68%), Phosphorus: 93mg (9.3%), Folate: 36.93µg (9.23%), Vitamin B1: 0.14mg (9.06%), Vitamin A: 436.01IU (8.72%), Selenium: 6.05µg (8.64%), Iron: 1.49mg (8.27%), Magnesium: 30.2mg (7.55%), Vitamin B3: 1.38mg (6.9%), Copper: 0.13mg (6.35%), Vitamin C: 4.62mg (5.61%), Vitamin K: 5.61µg (5.34%), Calcium: 48.91mg (4.89%), Zinc: 0.63mg (4.2%), Potassium: 141.85mg (4.05%), Vitamin B5: 0.4mg (3.96%), Vitamin D: 0.58µg (3.87%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.13µg (2.12%)