



Really easy apricot & amaretti cream

READY IN



35 min.

SERVINGS



10

CALORIES



531 kcal

DESSERT

Ingredients

- ☐ 1 kg apricots halved
- ☐ 1 large orange zest grated
- ☐ 85 g golden caster sugar
- ☐ 500 g mascarpone cheese
- ☐ 500 g vanilla custard
- ☐ 140 g amaretti biscuit
- ☐ 50 g chocolate dark grated

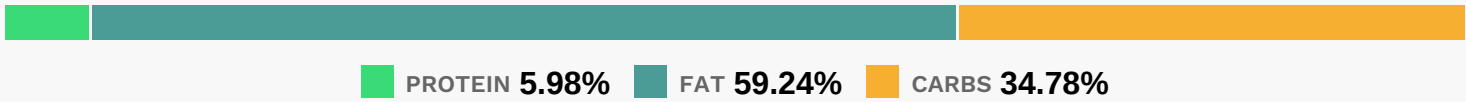
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Tip the apricots into a roasting tin, toss with the orange zest, juice and sugar and roast for 15-20 mins until soft.
- ☐ Remove the skins if you like. Tip into a bowl to cool.
- ☐ Whisk the mascarpone and custard together until completely blended.
- ☐ Tip the biscuits into a large glass bowl, then top with the apricots and custard. Scatter generously with the grated chocolate, then cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:8.49, Inflammation Score:-9, Nutrition Score:9.0943477905315%

Flavonoids

Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 531.46kcal (26.57%), Fat: 27.36g (42.1%), Saturated Fat: 15.61g (97.53%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 33.29g (12.11%), Sugar: 25.5g (28.33%), Cholesterol: 50.29mg (16.76%), Sodium: 168.3mg (7.32%), Alcohol: 17.2g (100%), Alcohol %: 9.53% (100%), Caffeine: 4mg (1.33%), Protein: 6.22g (12.43%), Vitamin A: 2633.27IU (52.67%), Manganese: 0.35mg (17.49%), Vitamin C: 11.63mg (14.1%), Potassium: 413.96mg (11.83%), Fiber: 2.85g (11.42%), Copper: 0.22mg (10.95%), Calcium: 108mg (10.8%), Phosphorus: 102.19mg (10.22%), Iron: 1.58mg (8.76%), Vitamin B2: 0.13mg (7.84%), Magnesium: 30.81mg (7.7%), Vitamin E: 1.11mg (7.38%), Vitamin B3: 1.35mg (6.77%), Vitamin B1: 0.1mg (6.56%), Folate: 19.25µg (4.81%), Selenium: 3.19µg (4.55%), Vitamin B6: 0.08mg (4.05%), Vitamin K: 4.24µg (4.04%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.49mg (3.29%)