



Shortcake with Mascarpone and Brandied Apricots

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



580 kcal

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 can apricot halves in heavy syrup
- ☐ 2 tablespoons brandy
- ☐ 1 package individual dessert sponge cakes
- ☐ 1 teaspoon lemon zest
- ☐ 8 ounce mascarpone cheese
- ☐ 1 pinch salt
- ☐ 6 servings slivered almonds toasted for garnish

☐ 8 ounce extra-creamy whipped topping

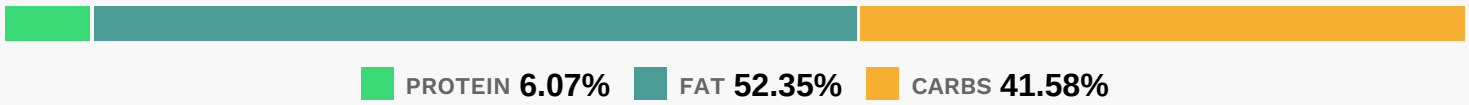
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large bowl, whisk mascarpone cheese to loosen.
- ☐ Add half of a container of whipped topping, almond extract, salt and lemon zest. Stir to combine.
- ☐ Fill each sponge cake with cheese mixture. In a small saucepan over high heat, combine reserved apricot syrup and brandy, reduce until thick.
- ☐ Add apricot halves. Spoon apricot mixture over each sponge cake.
- ☐ Garnish with remaining whipped topping and toasted almond slivers.
- ☐ NOTE: If sponge cakes are not available, use sliced pound cake.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:6.5817391146784%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 580.32kcal (29.02%), Fat: 33.13g (50.96%), Saturated Fat: 17.7g (110.65%), Carbohydrates: 59.2g (19.73%), Net Carbohydrates: 58.35g (21.22%), Sugar: 39.56g (43.95%), Cholesterol: 40.28mg (13.43%), Sodium: 335.8mg (14.6%), Alcohol: 1.78g (100%), Alcohol %: 1.34% (100%), Protein: 8.64g (17.29%), Calcium: 194.76mg (19.48%),

Selenium: 12.13µg (17.33%), Vitamin B2: 0.25mg (14.96%), Vitamin A: 605.27IU (12.11%), Vitamin B1: 0.17mg (11.34%), Phosphorus: 113.06mg (11.31%), Manganese: 0.19mg (9.7%), Folate: 34.31µg (8.58%), Iron: 1.39mg (7.71%), Vitamin B3: 1.4mg (6.98%), Vitamin K: 5.6µg (5.33%), Magnesium: 15.77mg (3.94%), Potassium: 128.77mg (3.68%), Vitamin E: 0.55mg (3.67%), Fiber: 0.85g (3.41%), Copper: 0.07mg (3.33%), Vitamin B12: 0.14µg (2.41%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.16mg (1.65%), Vitamin B6: 0.03mg (1.39%)