



Strawberry Cannoli Parfaits

READY IN



205 min.

SERVINGS



4

CALORIES



517 kcal

DESSERT

Ingredients

- 24 amaretti cookies crushed
- 0.3 cup confectioners' sugar
- 1 teaspoon ground cinnamon
- 0.7 cup heavy cream
- 3 tablespoons orange liqueur
- 1 cup ricotta cheese
- 4 servings semi chocolate chips miniature
- 1 pound strawberries hulled sliced
- 0.3 cup pistachios unsalted chopped

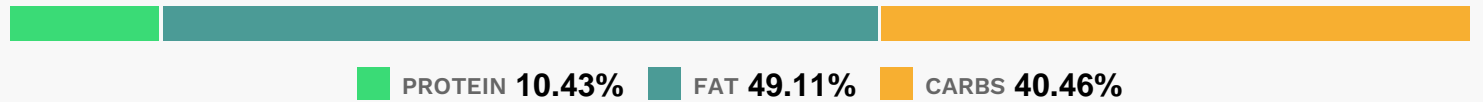
Equipment

bowl

Directions

- In a medium bowl, combine the strawberries and amaretto. Cover and refrigerate at least 3 hours or overnight.
- In a large bowl, whip the cream with the confectioners' sugar until soft peaks form (tips curl). In a medium bowl, stir half of the whipped cream into the ricotta to lighten it. Gently fold in the remaining whipped cream and cinnamon. Fold the pistachios into cream mixture.
- Place a layer of crushed amaretti cookies in each of 4 parfait glasses. Top each with a layer of strawberry slices and then cannoli cream. Repeat layering. If desired, top with miniature chocolate chips.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:3.09, Inflammation Score:-7, Nutrition Score:13.763478330944%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 516.98kcal (25.85%), Fat: 28.07g (43.18%), Saturated Fat: 15.13g (94.54%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 47.68g (17.34%), Sugar: 41.07g (45.64%), Cholesterol: 76.5mg (25.5%), Sodium: 141.24mg (6.14%), Alcohol: 2.92g (100%), Alcohol %: 1.36% (100%), Caffeine: 3.79mg (1.26%), Protein: 13.41g (26.81%), Vitamin C: 67.17mg (81.41%), Manganese: 0.64mg (32.01%), Phosphorus: 187.83mg (18.78%), Calcium: 186.73mg (18.67%), Vitamin A: 894.49IU (17.89%), Fiber: 4.35g (17.4%), Selenium: 11.6µg (16.57%), Vitamin B2: 0.24mg (14.26%), Potassium: 365.33mg (10.44%), Folate: 40.19µg (10.05%), Copper: 0.19mg (9.52%), Vitamin B6: 0.18mg (9.05%), Magnesium: 35.12mg (8.78%), Iron: 1.51mg (8.38%), Zinc: 1.19mg (7.95%), Vitamin B1: 0.1mg (6.5%), Vitamin E: 0.95mg (6.31%), Vitamin K: 5.69µg (5.42%), Vitamin D: 0.76µg (5.06%), Vitamin B12: 0.28µg (4.6%), Vitamin B5: 0.42mg (4.19%), Vitamin B3: 0.66mg (3.32%)