



## Strawberry, Mascarpone, and Marsala Budini

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

BEVERAGE

DRINK

### Ingredients

- 2.3 cups amaretti cookies italian crumbled ( macaroons;)
- 6 tablespoons plum brandy sweet (preferably imported)
- 8 ounce mascarpone cheese
- 15 ounces strawberries hulled sliced
- 3 tablespoons sugar
- 3 tablespoons whipping cream

### Equipment

- bowl

## Directions

- Combine mascarpone, 3 tablespoons Marsala, cream, and 2 tablespoons sugar in medium bowl. Stir gently until well blended.
- Combine strawberries, remaining 3 tablespoons Marsala, and 1 tablespoon sugar in another medium bowl; toss to blend. Cover mascarpone and berry mixtures; refrigerate 30 minutes.
- Place 2 tablespoons crumbled cookies in each of 6 goblets. Divide strawberry mixture with juices among goblets. Top berries with mascarpone mixture, then remaining cookies. Cover and chill at least 30 minutes and up to 2 hours.
- \*Mascarpone (Italian cream cheese) and amaretti cookies are available at Italian markets and many supermarkets.

## Nutrition Facts

 **PROTEIN 7.26%**  **FAT 44.18%**  **CARBS 48.56%**

## Properties

Glycemic Index:18.35, Glycemic Load:5.8, Inflammation Score:-6, Nutrition Score:5.7330434587987%

## Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Petunidin: 1.07mg, Petunidin: 1.07mg, Petunidin: 1.07mg, Petunidin: 1.07mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 14.23mg, Malvidin: 14.23mg, Malvidin: 14.23mg, Malvidin: 14.23mg Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 462.25kcal (23.11%), Fat: 22.41g (34.48%), Saturated Fat: 12.62g (78.9%), Carbohydrates: 55.42g (18.47%), Net Carbohydrates: 52.36g (19.04%), Sugar: 45.26g (50.29%), Cholesterol: 46.27mg (15.42%), Sodium: 156.18mg (6.79%), Alcohol: 2.3g (100%), Alcohol %: 1.58% (100%), Protein: 8.28g (16.56%), Vitamin C: 41.72mg (50.57%),

Manganese: 0.29mg (14.59%), Vitamin A: 647.95IU (12.96%), Fiber: 3.06g (12.23%), Calcium: 70.47mg (7.05%), Iron: 0.93mg (5.15%), Folate: 17.31µg (4.33%), Potassium: 129.48mg (3.7%), Magnesium: 11.09mg (2.77%), Phosphorus: 22.71mg (2.27%), Copper: 0.04mg (2.1%), Vitamin B2: 0.03mg (1.97%), Vitamin E: 0.27mg (1.83%), Vitamin B6: 0.04mg (1.8%), Vitamin K: 1.8µg (1.71%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.41%), Vitamin B5: 0.11mg (1.13%)