



Strawberry parfait with Vin Santo, mascarpone & biscotti

READY IN



30 min.

SERVINGS



6

CALORIES



644 kcal

DESSERT

Ingredients

- ☐ 250 g biscotti biscuits
- ☐ 400 g punnet strawberries hulled halved
- ☐ 50 g golden caster sugar
- ☐ 250 g mascarpone cheese
- ☐ 284 ml carton double cream
- ☐ 100 ml vin santo sweet

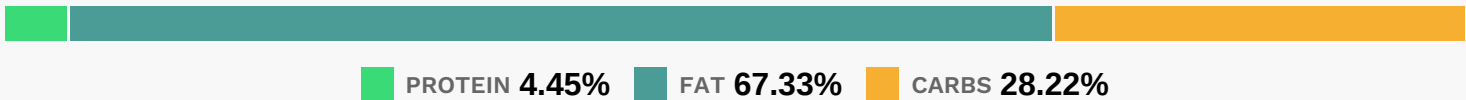
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Place the biscotti biscuits in a plastic bag and crush them lightly with the end of a rolling pin, leaving them slightly chunky. Tip the crushed biscuits into a bowl, drizzle over the Vin Santo and give it a stir. In small bowl, use a fork to slightly mash half of the strawberries with the sugar.
- ☐ Whip the mascarpone in a medium bowl, then fold into the whipped cream. If the mixture appears too thick fold through a little milk. In a 1-litre glass bowl, spread half of the soaked biscotti. Top with half of the mashed strawberries and then half of the mascarpone mixture. Repeat until you have used up everything. Slice the remaining strawberries and scatter over the top. Refrigerate, then pack into a cooler as this dessert should be served chilled.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:18.18, Inflammation Score:-8, Nutrition Score:10.29217398685%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 16.04mg, Malvidin: 16.04mg, Malvidin: 16.04mg, Malvidin: 16.04mg Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 643.61kcal (32.18%), Fat: 47.06g (72.39%), Saturated Fat: 26g (162.52%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 42.51g (15.46%), Sugar: 23.05g (25.61%), Cholesterol: 95.47mg (31.82%), Sodium: 187.38mg (8.15%), Alcohol: 2.59g (100%), Alcohol %: 1.47% (100%), Protein: 7g (13.99%), Vitamin C: 39.49mg (47.86%), Vitamin A: 1327.12IU (26.54%), Manganese: 0.46mg (23.08%), Vitamin B2: 0.24mg (14%), Folate: 51.74µg (12.93%), Vitamin B1: 0.18mg (11.71%), Calcium: 114.11mg (11.41%), Vitamin E: 1.65mg (10.99%), Iron: 1.66mg (9.24%), Vitamin B3: 1.7mg (8.5%), Fiber: 1.88g (7.5%), Phosphorus: 72.97mg (7.3%), Vitamin K: 7.57µg (7.21%), Selenium: 4.46µg (6.38%), Potassium: 210.54mg (6.02%), Vitamin D: 0.76µg (5.08%), Magnesium: 20.1mg (5.03%), Copper: 0.09mg (4.31%), Vitamin B6: 0.08mg (4.05%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.43mg (2.84%), Vitamin B12: 0.08µg (1.27%)