



Strawberry Semifreddo Shortcake

READY IN



345 min.

SERVINGS



16

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 6 oz ladyfingers soft
- ☐ 7 oz marshmallow creme
- ☐ 2 tablespoons powdered sugar
- ☐ 1 pt raspberry sorbet softened
- ☐ 1 pt strawberries fresh hulled
- ☐ 2 pt strawberry ice cream softened

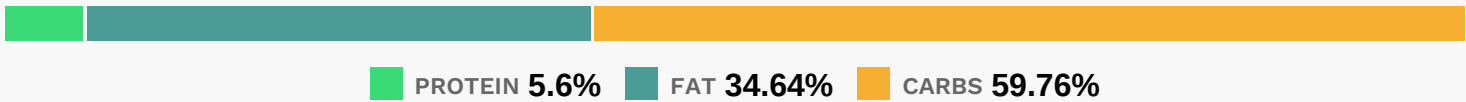
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Arrange ladyfingers around sides and on bottom of a 9-inch springform pan. (Reserve any remaining ladyfingers for another use.)
- ☐ Spread strawberry ice cream over ladyfingers, and freeze 30 minutes.
- ☐ Spread softened strawberry sorbet over ice cream. Freeze 30 minutes.
- ☐ Process strawberries and powdered sugar in a food processor 1 minute or until pureed. Reserve 1/4 cup mixture.
- ☐ Whisk remaining strawberry mixture into marshmallow crme until well blended.
- ☐ Beat cream at high speed with an electric mixer until stiff peaks form. Fold into marshmallow mixture.
- ☐ Pour over sorbet in pan.
- ☐ Drizzle reserved strawberry mixture over top, and gently swirl with a paring knife. Freeze 4 hours or until firm.
- ☐ Let ice-cream cake stand at room temperature 15 minutes before serving.
- ☐ Note: We tested with Blue Bell Strawberry Ice Cream and Hagen-Dazs Strawberry Sorbet.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:5.8673912649569%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 291.17kcal (14.56%), Fat: 11.54g (17.76%), Saturated Fat: 6.87g (42.91%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 43.01g (15.64%), Sugar: 16.11g (17.89%), Cholesterol: 57.46mg (19.15%), Sodium: 75.26mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin C: 22.03mg (26.71%), Vitamin B2: 0.23mg (13.59%), Vitamin A: 470.59IU (9.41%), Phosphorus: 93.26mg (9.33%), Manganese: 0.19mg (9.3%), Calcium: 90.53mg (9.05%), Fiber: 1.79g (7.17%), Vitamin B5: 0.62mg (6.19%), Folate: 22.98µg (5.74%), Potassium: 182.61mg (5.22%), Vitamin B12: 0.28µg (4.68%), Vitamin B1: 0.07mg (4.46%), Magnesium: 14.44mg (3.61%), Iron: 0.64mg (3.56%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.4mg (2.66%), Selenium: 1.69µg (2.42%), Copper: 0.05mg (2.39%), Vitamin B3: 0.45mg (2.24%), Vitamin D: 0.24µg (1.59%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.13µg (1.07%)