



Strawberry Tiramisu

READY IN



45 min.

SERVINGS



8

CALORIES



894 kcal

DESSERT

Ingredients

- ☐ 52 ladyfingers crisp () (boudoirs or Savoiardi)
- ☐ 1 pound mascarpone cheese room temperature
- ☐ 0.3 cup orange juice
- ☐ 1.5 pounds strawberries divided
- ☐ 1.3 cups strawberry preserves
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups whipping cream chilled
- ☐ 0.3 cup cointreau

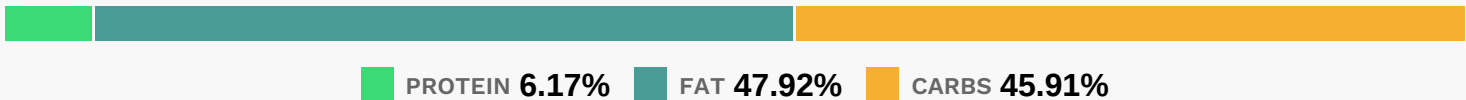
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Whisk preserves, 1/3 cup Cointreau, and orange juice in 2-cup measuring cup.
- ☐ Place mascarpone cheese and 2 tablespoons Cointreau in large bowl; fold just to blend. Using electric mixer, beat cream, sugar, vanilla, and remaining 2 tablespoons Cointreau in another large bowl to soft peaks. Stir 1/4 of whipped cream mixture into mascarpone mixture to lighten. Fold in remaining whipped cream.
- ☐ Hull and slice half of strawberries.
- ☐ Spread 1/2 cup preserve mixture over bottom of 3-quart oblong serving dish or a 13x9x2-inch glass baking dish. Arrange enough ladyfingers over strawberry mixture to cover bottom of dish. Spoon 3/4 cup preserve mixture over ladyfingers, then spread 2 1/2 cups mascarpone mixture over. Arrange 2 cups sliced strawberries over mascarpone mixture. Repeat layering with remaining lady fingers, preserve mixture, and mascarpone mixture. Cover with plastic and chill at least 8 hours or overnight.
- ☐ Slice remaining strawberries. Arrange over tiramasù and serve.
- ☐ *Italian cream cheese available at supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:28.11, Inflammation Score:-8, Nutrition Score:15.17260868653%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg, Epicatechin 3–gallate: 0.13mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 894.35kcal (44.72%), Fat: 46.71g (71.86%), Saturated Fat: 27.52g (171.98%), Carbohydrates: 100.69g (33.56%), Net Carbohydrates: 97.66g (35.51%), Sugar: 43.5g (48.33%), Cholesterol: 259.54mg (86.51%), Sodium: 165.87mg (7.21%), Alcohol: 2.73g (100%), Alcohol %: 1.03% (100%), Protein: 13.52g (27.05%), Vitamin C: 60.09mg (72.83%), Vitamin A: 1805.3IU (36.11%), Manganese: 0.53mg (26.31%), Vitamin B2: 0.45mg (26.24%), Folate: 86µg (21.5%), Iron: 3.24mg (18%), Phosphorus: 179.58mg (17.96%), Vitamin B1: 0.25mg (16.64%), Calcium: 164.77mg (16.48%), Fiber: 3.02g (12.08%), Vitamin B5: 1.04mg (10.36%), Vitamin B12: 0.6µg (10%), Vitamin B3: 1.93mg (9.67%), Potassium: 314.03mg (8.97%), Copper: 0.18mg (8.78%), Vitamin B6: 0.16mg (7.8%), Zinc: 1.07mg (7.14%), Magnesium: 26.03mg (6.51%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.63µg (4.23%), Selenium: 2.68µg (3.83%), Vitamin K: 3.15µg (3%)