



Strawberry Tiramisu Bites

READY IN



15 min.

SERVINGS



36

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 teaspoon lemon extract
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup limoncello
- ☐ 8 ounce mascarpone cheese softened
- ☐ 2 quarts strawberries fresh halved
- ☐ 0.5 cup strawberry preserves at room temperature
- ☐ 6.3 ounce bite-size tart shells sweet miniature

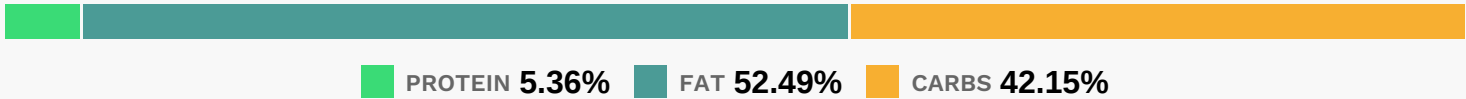
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Place about 1/2-teaspoon strawberry preserves in bottom of each tart shell; set aside.
- ☐ In a medium bowl, combine mascarpone cheese, Limoncello or lemonade and lemon juice. Beat at medium speed with an electric mixer until creamy.
- ☐ In a medium bowl combine cream, sugar and lemon extract. Beat at medium-high speed with an electric mixer until medium peaks form. Fold into mascarpone mixture, stirring until combined.
- ☐ Spoon about 1 tablespoon mascarpone mixture into each tart shell. Top each with a strawberry half.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:3.6795652819716%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.06mg, Pelargonidin: 13.06mg, Pelargonidin: 13.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin:

0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 108.15kcal (5.41%), Fat: 6.21g (9.55%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 9.87g (3.59%), Sugar: 6.71g (7.45%), Cholesterol: 13.09mg (4.36%), Sodium: 21.05mg (0.92%), Alcohol: 0.53g (100%), Alcohol %: 0.87% (100%), Protein: 1.43g (2.85%), Vitamin C: 31.68mg (38.4%), Manganese: 0.2mg (10.25%), Fiber: 1.34g (5.37%), Iron: 0.71mg (3.94%), Folate: 13.5µg (3.38%), Vitamin A: 167.45IU (3.35%), Potassium: 89.66mg (2.56%), Calcium: 21.51mg (2.15%), Magnesium: 7.42mg (1.86%), Phosphorus: 16.46mg (1.65%), Copper: 0.03mg (1.53%), Vitamin B2: 0.02mg (1.46%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.2mg (1.37%), Vitamin K: 1.32µg (1.25%), Vitamin B3: 0.21mg (1.04%)