



Strawberry Tiramisu Cones

 **Gluten Free**

READY IN

ready

245 min.

SERVINGS

servings

8

CALORIES

calories

494 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate chunk chopped for garnish
- ☐ 30 espresso beans crushed
- ☐ 7 tablespoons granulated sugar
- ☐ 1 cup heavy cream
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup mascarpone cheese
- ☐ 1 pinch salt
- ☐ 3 pints strawberries ripe

- ☐ 8 sugar cones dark (the brown ones)

Equipment

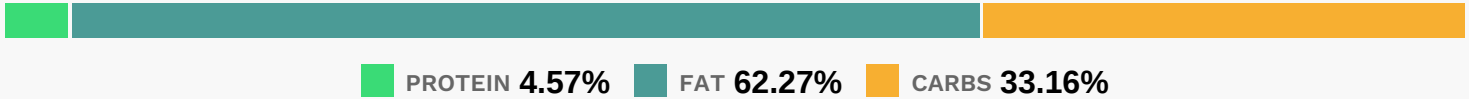
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ stand mixer
- ☐ wax paper
- ☐ microwave
- ☐ ice cream scoop

Directions

- ☐ In a small microwave-safe bowl, melt 8 ounces of chocolate in 30 second intervals in the microwave until smooth. Dip the top of each cone into the chocolate so there is a 1-inch rim, then roll in the crushed or ground espresso.
- ☐ Place the dipped cones on a wax paper-lined plate and refrigerate. When firm, about 20 minutes, remove from the refrigerator and set cones, dipped side up, inside small glasses so they stand upright. Spoon the remaining melted chocolate evenly into the sugar cones and return (glass and all) to the refrigerator.
- ☐ Meanwhile, hull and quarter 2 pints of strawberries and puree them in a food processor with 2 tablespoons of the lemon juice, 5 tablespoons of the sugar and a pinch of salt. Strain the puree through a fine-mesh strainer into a small saucepan. Bring to a simmer over medium-high heat, and cook until reduced by half, about 35 minutes, stirring frequently.
- ☐ Pour into a small bowl and chill the puree until cold.
- ☐ In the bowl of a stand mixer fitted with a whisk attachment, whip the heavy cream and mascarpone to stiff peaks and then fold in the puree in 2 batches. Refrigerate until firm and set, 1 to 2 hours.
- ☐ Just before serving, hull the remaining 1 pint of strawberries and cut them lengthwise into 1/4-inch slices. Toss with the remaining 1 tablespoon of lemon juice and 2 tablespoons of sugar.

- ☐ To assemble: Spoon strawberries into the cones until they are 1/4 full. Top that with approximately 1/4 cup of the mascarpone mixture, using an ice cream scoop that has been dipped in warm water.
- ☐ Garnish with shaved bittersweet chocolate and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:12.06, Inflammation Score:-8, Nutrition Score:15.337391288384%

Flavonoids

Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 494.15kcal (24.71%), Fat: 34.84g (53.6%), Saturated Fat: 20.99g (131.2%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 35.9g (13.06%), Sugar: 31.57g (35.08%), Cholesterol: 63.44mg (21.15%), Sodium: 33.13mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.74mg (9.91%), Protein: 5.76g (11.51%), Vitamin C: 106.69mg (129.32%), Manganese: 1.06mg (53.1%), Fiber: 5.83g (23.33%), Copper: 0.44mg (22.2%), Magnesium: 75.38mg (18.85%), Vitamin A: 866.88IU (17.34%), Iron: 2.56mg (14.22%), Phosphorus: 134mg (13.4%), Potassium: 466.51mg (13.33%), Folate: 44.9µg (11.23%), Calcium: 105.43mg (10.54%), Zinc: 1.08mg (7.17%), Vitamin B2: 0.11mg (6.58%), Vitamin K: 6.9µg (6.57%), Vitamin E: 0.96mg (6.43%), Selenium: 4.06µg (5.8%), Vitamin B6: 0.11mg (5.3%), Vitamin B3: 0.95mg (4.73%), Vitamin B1: 0.06mg (3.93%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.1µg (1.64%)