

Summer Cannoli

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



552 kcal

DESSERT

Ingredients

- ☐ 1 cup poached berries fresh (any kind)
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.5 teaspoon orange zest grated
- ☐ 2 tablespoons pistachios chopped
- ☐ 1 round cake
- ☐ 1 cup ricotta cheese
- ☐ 0.3 teaspoon vanilla extract

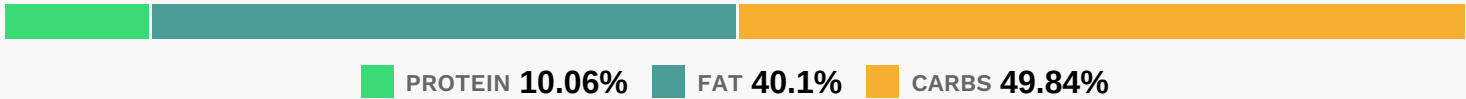
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ toaster

Directions

- ☐ Wrap the ricotta in a few damp paper towels and squeeze it over the sink for 30 seconds.
- ☐ Whisk it in a large bowl until smooth.
- ☐ Add the mascarpone, sugar, vanilla, and orange zest and whisk until fully incorporated.
- ☐ Fold in the pistachios (if using).
- ☐ Cut the pound cake into 1/2-inch slices and toast them in a toaster oven, or in a regular oven at 375°F for about 2 minutes a side.
- ☐ Top each slice with a dollop of the cream, then sprinkle with the berries.
- ☐ To save time, buy predrained ricotta from Whole Foods and skip step 1.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:10.216087040694%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate:

0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg
Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg,
Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin:
0.68mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 552.09kcal (27.6%), Fat: 24.68g (37.97%), Saturated Fat: 13.85g (86.55%), Carbohydrates: 69.02g
(23.01%), Net Carbohydrates: 67.19g (24.43%), Sugar: 45.96g (51.06%), Cholesterol: 136.24mg (45.42%), Sodium:
535.55mg (23.28%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 13.93g (27.85%), Selenium: 16.21µg
(23.16%), Calcium: 227.83mg (22.78%), Phosphorus: 223.41mg (22.34%), Vitamin B2: 0.35mg (20.37%), Vitamin A:
819.59IU (16.39%), Vitamin B1: 0.24mg (15.71%), Iron: 2.5mg (13.91%), Manganese: 0.26mg (13.22%), Folate: 47.39µg
(11.85%), Vitamin B3: 1.77mg (8.83%), Zinc: 1.21mg (8.09%), Vitamin B6: 0.15mg (7.64%), Fiber: 1.83g (7.34%), Vitamin
K: 7.19µg (6.84%), Vitamin B12: 0.39µg (6.51%), Copper: 0.12mg (6.13%), Potassium: 199.91mg (5.71%), Vitamin B5:
0.56mg (5.6%), Magnesium: 21.63mg (5.41%), Vitamin E: 0.52mg (3.47%), Vitamin C: 1.52mg (1.84%), Vitamin D:
0.27µg (1.83%)