



Sweet Mascarpone and Berries with Marsala

READY IN



15 min.

SERVINGS



4

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

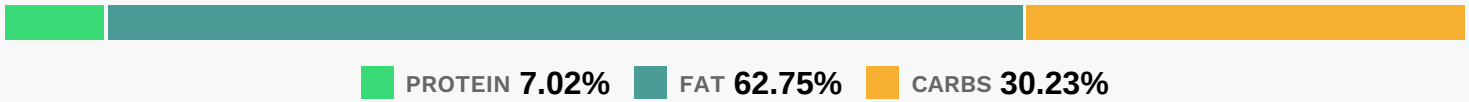
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 package ladyfingers
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup marsala wine
- ☐ 2 cups mascarpone cheese
- ☐ 1 pint strawberries
- ☐ 2 teaspoons sugar

Equipment

Directions

- ☐ Beat cheese,confectioners' sugar and citrus zest until smooth and combined, about 2 minutes. Line 4 dessert glasses or cocktail glasses with divided lady ingers.
- ☐ Mix berries with sugar and Marsala and let stand for at least 10 minutes. Spoon berries into dessert dishes on top of ladyfingers, then top with mascarpone and more berries.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:13.446956611198%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 14.24mg, Malvidin: 14.24mg, Malvidin: 14.24mg, Malvidin: 14.24mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 815.53kcal (40.78%), Fat: 55.5g (85.38%), Saturated Fat: 33.24g (207.75%), Carbohydrates: 60.14g (20.05%), Net Carbohydrates: 57.12g (20.77%), Sugar: 23.68g (26.31%), Cholesterol: 221.9mg (73.96%), Sodium: 137.58mg (5.98%), Alcohol: 2.3g (100%), Alcohol %: 0.93% (100%), Protein: 13.97g (27.93%), Vitamin C: 71.49mg (86.66%), Vitamin A: 1865.17IU (37.3%), Manganese: 0.59mg (29.7%), Calcium: 203.07mg (20.31%), Folate: 66.7µg (16.68%), Vitamin B2: 0.25mg (14.41%), Iron: 2.32mg (12.86%), Fiber: 3.02g (12.08%), Phosphorus: 115.56mg (11.56%), Vitamin B1: 0.17mg (11.5%), Vitamin B3: 1.54mg (7.68%), Potassium: 253.46mg (7.24%), Vitamin B5: 0.71mg (7.1%), Vitamin B12: 0.37µg (6.19%), Vitamin B6: 0.12mg (5.93%), Magnesium: 22.89mg (5.72%), Copper: 0.11mg (5.66%), Zinc: 0.75mg (4.97%), Vitamin K: 2.6µg (2.48%), Vitamin E: 0.35mg (2.31%)