



White Chocolate Strawberry Tiramisu



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



6

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 4 oz cream cheese
- ☐ 0.3 cup orange juice fresh
- ☐ 6 tablespoons powdered sugar – use divided
- ☐ 2 cups strawberries trimmed halved thinly sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream
- ☐ 3.5 ounces chocolate white melted (See Note)

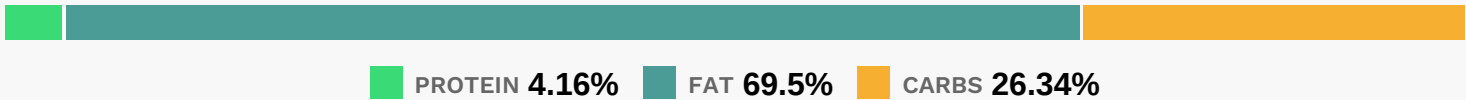
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ double boiler
- ☐ microwave

Directions

- ☐ In a chilled mixing bowl, beat the cream until soft peaks begin to form.
- ☐ Add vanilla and beat until peaks are stiff. Scrape the unsweetened whipped cream into a different bowl and set it aside.Using same mixing bowl you used to whip cream (no need to rinse), beat together the cream cheese and the mascarpone. Stir in 4 tablespoons of the powdered sugar and the melted white chocolate. When smooth, fold in about 1 cup of the unsweetened whipped cream.Arrange 15 ladyfingers halves in bottom of an 8 inch square glass dish.
- ☐ Drizzle with half of the orange juice.
- ☐ Spread half of the white chocolate mixture over ladyfingers, then spread a layer of thinly sliced berries over the white chocolate mixture. Arrange remaining ladyfinger halves over strawberries, then spread with a final layer of white chocolate mixture.Stir remaining 2 tablespoons of sugar into reserved whipped cream (you may use less sugar if you like).
- ☐ Spread over the white chocolate layer and chill for at least 3 hours or until ready to serve. When ready to serve, cut into squares and arrange remaining sliced strawberries over top.Note: To melt white chocolate in microwave, place in a microwave bowl and microwave on 50% power for 1 minute. Stir and continue microwaving on 50% power until smooth. You may also melt chocolate in a bowl set over a pot of boiling water or in a double boiler.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:8.47, Inflammation Score:-6, Nutrition Score:6.1847826501598%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg 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: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 362.1kcal (18.11%), Fat: 28.3g (43.54%), Saturated Fat: 17.63g (110.21%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 23.11g (8.4%), Sugar: 22.04g (24.49%), Cholesterol: 67.2mg (22.4%), Sodium: 36.79mg (1.6%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 3.81g (7.63%), Vitamin C: 33.71mg (40.86%), Vitamin A: 879.08IU (17.58%), Manganese: 0.19mg (9.51%), Calcium: 94.52mg (9.45%), Vitamin B2: 0.14mg (8.06%), Phosphorus: 65.43mg (6.54%), Potassium: 180.23mg (5.15%), Vitamin E: 0.67mg (4.45%), Folate: 17.36µg (4.34%), Vitamin D: 0.63µg (4.23%), Fiber: 1.01g (4.05%), Vitamin K: 3.84µg (3.66%), Selenium: 2.18µg (3.12%), Magnesium: 12.22mg (3.05%), Vitamin B5: 0.28mg (2.82%), Vitamin B1: 0.04mg (2.62%), Vitamin B12: 0.16µg (2.6%), Vitamin B6: 0.05mg (2.5%), Copper: 0.04mg (2.15%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.38mg (1.89%), Iron: 0.3mg (1.68%)