

Limoncello Semifreddo

Ladies Home Journal - Delicious Desserts

Servings: 8

6 egg yolks, lightly beaten
2 cups whole milk
2/3 cup sugar
1/4 cup limoncello (Italian lemon liqueur)
1 teaspoon lemon peel, finely shredded
1 1/2 cups whipping cream
1 cup crushed amaretti
2/3 cup slivered almonds, toasted
1/3 cup chopped white baking chocolate
1 recipe Raspberry Sauce II (see recipe in Desserts/Cakes)

Preparation Time: 40 minutes

Freeze Time: 7 hours

For the custard: in a saucepan, combine the yolks, milk and sugar. Stir over medium heat just until the mixture coats the back of a metal spoon. Place the saucepan in a large bowl of ice water; stir frequently until cool. Stir in the limoncello and lemon peel. Set aside.

In a mixing bowl, beat the cream until stiff peaks form. Fold the custard into the whipped cream. In a bowl, combine the amaretti, almonds and chocolate.

Line a 9x5x3-inch loaf pan with plastic wrap. Spread one-third of the custard in the pan. Freeze for 30 minutes. Top with half of the biscotti mixture. Spread another one-third of the custard in the pan. Freeze for 30 minutes. Top with the remaining biscotti mixture. Spread the remaining custard in the pan. Cover and freeze for six to twenty-four hours.

To serve, invert the loaf onto a chilled platter. Remove the plastic wrap. Slice and serve on chilled plates with Raspberry Sauce.

If desired, garnish with lemon wedges and/or additional fresh raspberries.

Per Serving (excluding unknown items): 370 Calories; 29g Fat (67.9% calories from fat); 7g Protein; 23g Carbohydrate; 1g Dietary Fiber; 229mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 5 1/2 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	370	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	24.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	29g	Folacin (mcg):	27mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	229mg	% Refuse:	0%
Carbohydrate (g):	23g		
Dietary Fiber (g):	1g		
Protein (g):	7g		
Sodium (mg):	53mg		
Potassium (mg):	228mg		
Calcium (mg):	149mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	975IU		
Vitamin A (r.e.):	284RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5 1/2
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 370 **Calories from Fat:** 251

% Daily Values*

Total Fat 29g	44%
Saturated Fat 13g	67%
Cholesterol 229mg	76%
Sodium 53mg	2%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	3%
Protein 7g	
Vitamin A	20%
Vitamin C	2%
Calcium	15%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.