

No-Bake Tiramisu

Dorie Greenspan
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Servings: 4

12 ounces frozen raspberries, thawed
1/4 cup sugar
2 ounces pound cake (two-inch-thick slice)
1/4 cup mascarpone cheese
1/4 teaspoon vanilla extract
1/2 cup heavy cream, lightly whipped
1/2 pint fresh raspberries

In a blender, puree the frozen raspberries with one-half of the sugar.

Slice the cake. Cut into 1/2-inch cubes. Divide the cubes among four lowball wine or martini glasses (or into small bowls). Top with equal amounts of the puree.

Gently blend the mascarpone with the vanilla extract and remaining sugar. Fold in the whipped cream. Place a scoop of this mixture into each glass. Top with fresh berries.

Serve immediately or chill for up to four hours.

(Strawberries may be substituted for the raspberries).

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 199 Calories; 14g Fat (63.6% calories from fat); 1g Protein; 17g Carbohydrate; 2g Dietary Fiber; 51mg Cholesterol; 16mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	199	Vitamin B6 (mg):	trace
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	33.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	9mcg
Saturated Fat (g):	7g	Niacin (mg):	trace

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 51mg
Carbohydrate (g): 17g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 16mg
Potassium (mg): 71mg
Calcium (mg): 26mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 478IU
Vitamin A (r.e.): 129 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 1
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 199 **Calories from Fat:** 127

% Daily Values*

Total Fat	14g	22%
	Saturated Fat 7g	34%
Cholesterol	51mg	17%
Sodium	16mg	1%
Total Carbohydrates	17g	6%
	Dietary Fiber 2g	9%
Protein	1g	
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Vitamin A		10%
Vitamin C		13%
Calcium		3%
Iron		1%

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