

Strawberry Meringue Parfaits with Balsamic Syrup

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Servings: 8

1/2 cup balsamic vinegar
4 tablespoons sugar, divided
24 ounces strawberries, hulled and sliced 1/4 inch thick
1 cup heavy cream
8 ounces mascarpone cheese
1 teaspoon vanilla extract
4 ounces (about 12) meringue cookies, crumbled

In a small saucepan, combine the vinegar and two tablespoons of sugar. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Boil about 8 minutes or until thick. Let cool. Combine the balsamic syrup with the berries.

In the bowl of an electric mixer, beat the heavy cream, mascarpone, remaining two tablespoons of sugar and the vanilla until soft peaks form.

Layer the strawberries, cream mixture, and crumbled cookies into glasses.

Serve immediately.

Per Serving (excluding unknown items): 283 Calories; 24g Fat (75.7% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 29mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	283	Vitamin B6 (mg):	trace
% Calories from Fat:	75.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	20.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	24g	Folacin (mcg):	15mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
		Alcohol (kcal):	2

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	80mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	29mg
Potassium (mg):	172mg
Calcium (mg):	31mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	45mg
Vitamin A (i.u.):	459IU
Vitamin A (r.e.):	127 1/2RE

% Daily Value 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 283 Calories from Fat: 214

% Daily Values*

Total Fat 24g	37%
Saturated Fat 7g	34%
Cholesterol 80mg	27%
Sodium 29mg	1%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	7%
Protein 3g	
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Vitamin A	9%
Vitamin C	76%
Calcium	3%
Iron	2%

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