



Angel Food Cake with Espresso Mascarpone Cream

READY IN



25 min.

SERVINGS



8

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 12 ounce purchased angel food cake
- ☐ 0.5 cup rum / brandy / coffee liqueur
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.8 cup mascarpone cheese at room temperature
- ☐ 2 tablespoons water boiling
- ☐ 1 cup whipping cream

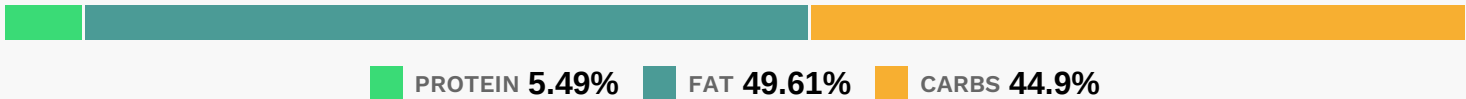
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Stir the water and espresso powder in a large bowl to blend. Stir in the mascarpone. Using an electric mixer, beat the cream in another large bowl, while slowly adding powdered sugar, until soft peaks form. Using a large rubber spatula, fold 1/4 of the whipped cream into the mascarpone mixture to lighten. Then fold the remaining whipped cream into the mascarpone mixture.
- ☐ Cut the angel food cake into 16 (1-inch thick) wedges. Reserve any remaining cake for another use.
- ☐ Brush 1 side of each wedge of cake with the liqueur. Arrange 2 wedges of cake on each plate. Dollop the espresso cream atop each wedge of cake. Dust with the cocoa powder and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.5734782659489%

Nutrients (% of daily need)

Calories: 389.54kcal (19.48%), Fat: 20.41g (31.4%), Saturated Fat: 12.78g (79.9%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 41.47g (15.08%), Sugar: 28.08g (31.2%), Cholesterol: 54.71mg (18.24%), Sodium: 238.91mg (10.39%), Alcohol: 3.2g (100%), Alcohol %: 3.36% (100%), Caffeine: 39.25mg (13.08%), Protein: 5.08g (10.17%), Vitamin A: 732.64IU (14.65%), Phosphorus: 119.7mg (11.97%), Selenium: 7.6µg (10.86%), Calcium: 86.84mg (8.68%), Vitamin B2: 0.14mg (7.98%), Potassium: 130.07mg (3.72%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.04mg (2.5%), Manganese: 0.05mg (2.44%), Magnesium: 9.61mg (2.4%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.28mg (1.85%), Copper: 0.04mg (1.75%), Folate: 6.72µg (1.68%), Vitamin B5: 0.12mg (1.24%), Iron: 0.19mg (1.04%), Vitamin B12: 0.06µg (1.01%)