



Angelic Tiramisu

READY IN



45 min.

SERVINGS



12

CALORIES



241 kcal

Ingredients

- 8 ounce block softened
- 8 ladyfingers cake-style (2 [3-ounce] packages)
- 1 cup strong coffee decoction brewed
- 14 ounce condensed milk fat-free sweetened canned
- 1 tablespoon cocoa unsweetened
- 1.4 ounce vanilla pudding mix sugar-free instant
- 1 cup water cold
- 8 ounce non-dairy whipped topping fat-free frozen thawed

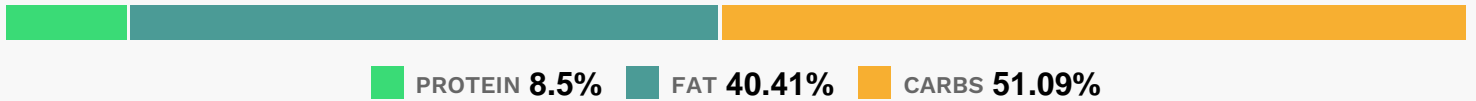
Equipment

- bowl
- whisk
- blender
- baking pan

Directions

- Combine first 3 ingredients in a large bowl; stir well with a whisk. Cover and chill 30 minutes.
- Add cream cheese; beat with a mixer at medium speed until blended. Fold in whipped topping.
- Split ladyfingers in half lengthwise. Arrange 16 halves in a single layer in an 8- inch square baking dish.
- Drizzle with 1/3 cup coffee.
- Spread one-third of pudding mixture evenly over ladyfingers. Repeat procedure twice with remaining ladyfingers, coffee, and pudding mixture. Cover and chill 8 hours.
- Sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:11.26, Inflammation Score:-3, Nutrition Score:5.1504347609437%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.93kcal (12.05%), Fat: 11.07g (17.02%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 31.15g (11.33%), Sugar: 24.36g (27.06%), Cholesterol: 49.56mg (16.52%), Sodium: 148.21mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.86mg (2.95%), Protein: 5.24g (10.48%), Vitamin B2: 0.35mg (20.35%), Calcium: 137.81mg (13.78%), Phosphorus: 133.16mg (13.32%), Selenium: 7.18µg (10.25%), Vitamin B12: 0.52µg (8.7%), Vitamin A: 415.98IU (8.32%), Vitamin B1: 0.09mg (5.73%), Potassium: 193.02mg (5.51%), Vitamin

B5: 0.49mg (4.89%), Magnesium: 15.56mg (3.89%), Zinc: 0.58mg (3.88%), Folate: 14.73µg (3.68%), Vitamin B6: 0.06mg (3.02%), Iron: 0.41mg (2.3%), Manganese: 0.04mg (2.12%), Copper: 0.04mg (1.95%), Vitamin B3: 0.36mg (1.78%), Vitamin E: 0.23mg (1.57%), Fiber: 0.32g (1.29%), Vitamin C: 0.86mg (1.04%)