



Best Tiramisu

READY IN



455 min.

SERVINGS



8

CALORIES



595 kcal

DESSERT

Ingredients

- 6 large egg yolk
- 0.8 cup sugar
- 0.7 cup milk
- 1 lb mascarpone cheese softened
- 1.3 cups whipping cream (heavy)
- 0.5 teaspoon vanilla
- 0.3 cup strong coffee decoction chilled brewed
- 2 tablespoons rum
- 6 oz ladyfingers

1.5 teaspoons cocoa powder

Equipment

bowl

sauce pan

whisk

plastic wrap

hand mixer

glass baking pan

Directions

In 2-quart saucepan, beat egg yolks and sugar with wire whisk until well mixed. Beat in milk.

Heat to boiling over medium heat, stirring constantly; reduce heat to low. Boil and stir 1 minute; remove from heat.

Pour into medium bowl; place plastic wrap directly onto surface of custard mixture. Refrigerate about 1 hour or until chilled.

Add cheese to custard mixture. Beat with electric mixer on medium speed until smooth; set aside.

In chilled medium bowl, beat whipping cream and vanilla with electric mixer on high speed until stiff; set aside. In small bowl, mix espresso and rum.

Separate ladyfingers horizontally; brush with espresso mixture (do not soak). In ungreased 11x7-inch glass baking dish, arrange half of the ladyfingers in single layer.

Spread half of the cheese mixture over ladyfingers; spread with half of the whipped cream. Repeat layers with remaining ladyfingers, cheese mixture and whipped cream.

Sprinkle with cocoa. Refrigerate at least 4 to 6 hours to develop flavors but no longer than 24 hours. Store covered in refrigerator.

Nutrition Facts

PROTEIN 6.85% **FAT 69.17%** **CARBS 23.98%**

Properties

Glycemic Index:15.39, Glycemic Load:13.45, Inflammation Score:-7, Nutrition Score:7.4539130109808%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 594.52kcal (29.73%), Fat: 44.99g (69.22%), Saturated Fat: 26.78g (167.37%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 34.82g (12.66%), Sugar: 20.88g (23.2%), Cholesterol: 285.85mg (95.28%), Sodium: 86.76mg (3.77%), Alcohol: 1.34g (100%), Alcohol %: 0.95% (100%), Caffeine: 3.39mg (1.13%), Protein: 10.02g (20.04%), Vitamin A: 1675.46IU (33.51%), Vitamin B2: 0.27mg (15.67%), Calcium: 155.98mg (15.6%), Phosphorus: 130.38mg (13.04%), Selenium: 8.78µg (12.54%), Vitamin D: 1.51µg (10.05%), Vitamin B12: 0.58µg (9.62%), Folate: 36.68µg (9.17%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.1mg (6.87%), Iron: 1.18mg (6.58%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.1mg (4.82%), Vitamin E: 0.68mg (4.55%), Manganese: 0.07mg (3.51%), Potassium: 111.05mg (3.17%), Vitamin B3: 0.52mg (2.58%), Magnesium: 9.42mg (2.35%), Copper: 0.04mg (2.19%), Vitamin K: 1.35µg (1.29%), Fiber: 0.28g (1.13%)