

Caramelized Fresh Pineapple Tiramisu







Ingredients

	12 Servings bittersweet chocolate grated
	1.5 ounces hot-brewed coffee french freshly ground
	2 tablespoons brandy
	4 large egg whites
	8 large egg yolk
	4 cups seasoning cubes fresh cored peeled (from 1 large)
	0.5 cup cup heavy whipping cream
	12 ounce ladyfingers soft (sponge-cake variety)
	16 ounce mascarpone cheese
	O.1 teaspoon salt

	0.3 cup sugar		
	3 tablespoons tea black (scant)		
	0.5 vanilla pod split		
	1.5 cups water		
Equipment			
	bowl		
	frying pan		
	sauce pan		
	whisk		
	sieve		
	kitchen thermometer		
	glass baking pan		
Directions			
	Place coffee filter in strainer set over medium bowl. Bring 1 1/2 cups water to boil in heavy medium saucepan.		
	Mix in coffee and tea. Turn off heat; cover and let steep 5 minutes. Strain mixture through coffee filter. Stir in Cognac. Cool completely.		
	Whisk yolks, cream, 4 tablespoons sugar, and salt in medium metal bowl to blend. Set bowl over saucepan of simmering waterand whisk until mixture is thick and thermometer registers 160°F, about 5 minutes.		
	Remove from over water.		
	Place over larger bowl of ice and water. Cool quickly, whisking often, about 5 minutes.		
	Stir mascarpone in large bowl to loosen texture. Fold in cooled yolk mixture in 3 additions, then fold in Cognac. Beat whites in medium bowl until soft peaks form.		
	Add 2 tablespoons sugar and beat until stiff but not dry; fold into sabayon in 3 additions. Cover; chill up to 1 day.		
	Combine pineapple, sugar, and salt in large nonstick skillet. Scrape in seeds from vanilla bean; add bean. Stir over medium heat until sugar melts and syrup forms. Continue cooking until syrup is absorbed and pineapple is dry and golden, stirring occasionally, about 10 minutes;		

Nutrition Facts
markets.
*An Italian cream cheese; sold at many supermarkets and at specialty foods stores and Italian
Cut into squares or spoon onto plates and serve.
Sprinkle tiramisù generously with grated chocolate and garnish with fresh pineapple, if desired.
Spread with half of sabayon (about 3 cups). Scatter half of pineapple over. Repeat with ladyfingers, flavoring, sabayon, and pineapple. Cover; chill overnight.
Brush with coffee flavoring.
Cover bottom of 13x9x2-inch glass baking dish with layer of ladyfingers.
cool completely.

PROTEIN 15.38% FAT 61.36% CARBS 23.26%

Properties

Glycemic Index:7.09, Glycemic Load:2.91, Inflammation Score:-5, Nutrition Score:6.1286956230583%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epicatechin: 0.08mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Thearlosin: 3.01mg, Thearlosin: 3.01mg, Thearlosin: 3.01mg, Thearlosin: 3.01mg, Thearlosin: 3.01mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 418.38kcal (20.92%), Fat: 27.98g (43.04%), Saturated Fat: 15.15g (94.71%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 23.5g (8.55%), Sugar: 5.63g (6.26%), Cholesterol: 254.47mg (84.82%), Sodium: 610.25mg (26.53%), Alcohol: 0.83g (100%), Alcohol %: 0.58% (100%), Caffeine: 3.02mg (1.01%), Protein: 15.78g (31.56%), Vitamin A: 996.52IU (19.93%), Vitamin B2: 0.25mg (14.86%), Selenium: 8.95µg (12.79%), Phosphorus: 103.49mg

(10.35%), Folate: 39.47μg (9.87%), Iron: 1.65mg (9.19%), Calcium: 89.81mg (8.98%), Vitamin B12: 0.46μg (7.69%), Vitamin B5: 0.71mg (7.14%), Vitamin B1: 0.1mg (6.92%), Vitamin D: 0.77μg (5.14%), Manganese: 0.1mg (4.92%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.08mg (3.93%), Vitamin B3: 0.63mg (3.16%), Copper: 0.06mg (2.89%), Vitamin E: 0.39mg (2.6%), Potassium: 80.65mg (2.3%), Magnesium: 8.15mg (2.04%), Fiber: 0.36g (1.45%)