



WHATSheATe



Caramelized Fresh Pineapple Tiramisu

READY IN



45 min.

SERVINGS



12

CALORIES



418 kcal

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
- ☐ 0.1 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

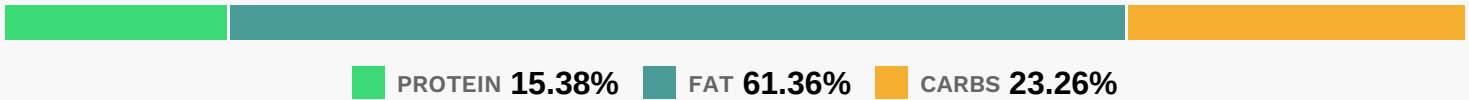
Directions

- ☐ 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 water and 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;

cool completely.

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

Nutrition Facts



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 Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 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-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 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%)