



Chocolate-Raspberry Tiramisu

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

DESSERT

Ingredients

- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 12 ladyfingers split cake-style
- ☐ 2 ounces mascarpone cheese softened
- ☐ 0.3 cup powdered sugar
- ☐ 2 cups raspberries fresh
- ☐ 0.3 cup raspberry liqueur divided
- ☐ 1.5 tablespoons cocoa powder unsweetened

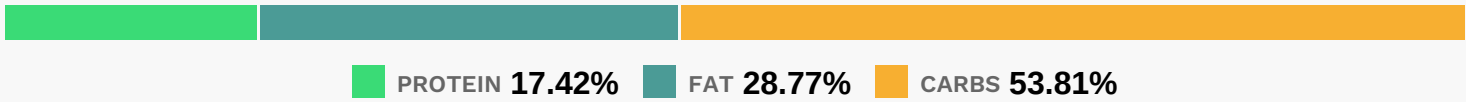
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place powdered sugar, mascarpone cheese, 1 1/2 tablespoons liqueur, and cream cheese in a large bowl; beat with a mixer at high speed until well blended.
- ☐ Brush cut sides of ladyfingers with 2 1/2 tablespoons of liqueur.
- ☐ Spread about 1 1/2 tablespoons mascarpone mixture over bottom half of each ladyfinger; cover with tops.
- ☐ Arrange 3 filled ladyfingers spoke-like on each of 4 dessert plates.
- ☐ Sprinkle evenly with cocoa. Arrange 1/2 cup raspberries over each serving.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:12.166087036547%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 353.85kcal (17.69%), Fat: 10.64g (16.37%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 39.86g (14.5%), Sugar: 17.88g (19.86%), Cholesterol: 93.91mg (31.3%), Sodium: 456.66mg (19.85%), Alcohol: 3.84g (100%), Alcohol %: 2.59% (100%), Caffeine: 8.15mg (2.72%), Protein: 14.49g (28.99%),

Phosphorus: 385.67mg (38.57%), Manganese: 0.57mg (28.28%), Calcium: 251.99mg (25.2%), Fiber: 4.92g (19.69%), Vitamin C: 15.72mg (19.05%), Vitamin B2: 0.32mg (18.94%), Folate: 58.45µg (14.61%), Vitamin B12: 0.79µg (13.1%), Iron: 1.98mg (10.98%), Zinc: 1.61mg (10.74%), Vitamin B5: 1.05mg (10.47%), Magnesium: 39.43mg (9.86%), Vitamin B1: 0.14mg (9.18%), Copper: 0.18mg (9.16%), Potassium: 318.59mg (9.1%), Vitamin A: 431.78IU (8.64%), Vitamin B3: 1.25mg (6.23%), Vitamin B6: 0.1mg (5.19%), Selenium: 3.26µg (4.65%), Vitamin K: 4.84µg (4.61%), Vitamin E: 0.54mg (3.57%)