

## Chocolate Tiramisu

READY IN



45 min.

SERVINGS



8

CALORIES



751 kcal

DESSERT

### Ingredients

- 6 ounces bittersweet chocolate 61% plus more for shaving chopped (do not exceed cacao)
- 4 large egg yolk
- 0.5 teaspoon gelatin powder unflavored
- 1 cup cup heavy whipping cream chilled divided
- 48 ladyfingers soft
- 1.8 cups mascarpone cheese divided
- 1.5 cups strong coffee decoction
- 0.3 cup sugar
- 2 tablespoons sugar

- 0.3 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- whisk
- ramekin

## Directions

- Stir espresso and sugar in a small bowl until sugar dissolves; set aside.
- Combine 1 cup mascarpone, 2 tablespoons sugar, and vanilla in a small bowl and whisk to blend; cover and chill.
- Place 1 tablespoon water in a small bowl.
- Sprinkle gelatin over.
- Let stand until gelatin softens, 10–15 minutes.
- Whisk the remaining sugar, yolks, 1/4 cup cream, and 1/4 cup water in a medium metal bowl to blend.
- Place bowl over a large saucepan of boiling water (do not let bottom of bowl touch water) and whisk constantly until custard thickens and temperature reaches 160° on an instant-read thermometer, 3–4 minutes.
- Remove bowl; add gelatin mixture and whisk until dissolved, 15–20 seconds. Return bowl over water, add chocolate, and whisk until almost melted, about 30 seconds.
- Set bowl in a large bowl of ice water and whisk until chocolate is melted and custard is cool, 5–6 minutes.
- Whisk in the remaining mascarpone. In another medium bowl, beat remaining 3/4 cup chilled cream until firm peaks form. Fold cream into custard in 2 additions to make a chocolate mousse.
- Spread 1/4 cup chocolate mousse in bottom of each of eight 1-cup teacups or ramekins. Dunk ladyfingers in the espresso syrup and arrange in a single layer on top of the mousse, about 2 to 3 ladyfingers per cup. Repeat layering with chocolate mousse and soaked ladyfingers.
- Spread 2 tablespoons mascarpone topping over ladyfingers.

Garnish with chocolate shavings and serve.

## Nutrition Facts

**PROTEIN 7.59%** **FAT 59.32%** **CARBS 33.09%**

### Properties

Glycemic Index:17.52, Glycemic Load:6.46, Inflammation Score:-7, Nutrition Score:12.649130374193%

### Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:  
0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 751.27kcal (37.56%), Fat: 49.33g (75.89%), Saturated Fat: 28.42g (177.6%), Carbohydrates: 61.91g  
(20.64%), Net Carbohydrates: 59.55g (21.65%), Sugar: 17.97g (19.97%), Cholesterol: 321.77mg (107.26%), Sodium:  
139.81mg (6.08%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Caffeine: 36.06mg (12.02%), Protein: 14.21g  
(28.41%), Vitamin A: 1626.55IU (32.53%), Vitamin B2: 0.43mg (25.29%), Manganese: 0.46mg (22.81%), Phosphorus:  
221.3mg (22.13%), Iron: 3.98mg (22.11%), Copper: 0.34mg (17.24%), Folate: 65.38µg (16.35%), Vitamin B1: 0.22mg  
(14.76%), Calcium: 144.84mg (14.48%), Vitamin B5: 1.24mg (12.44%), Vitamin B12: 0.75µg (12.44%), Magnesium:  
49.25mg (12.31%), Selenium: 7.59µg (10.85%), Zinc: 1.59mg (10.62%), Fiber: 2.36g (9.44%), Vitamin B3: 1.67mg  
(8.37%), Potassium: 254.85mg (7.28%), Vitamin B6: 0.13mg (6.42%), Vitamin D: 0.94µg (6.23%), Vitamin E: 0.62mg  
(4.15%), Vitamin K: 2.59µg (2.46%)