

Doughnut Tiramisu

 **Gluten Free**

READY IN

ready

270 min.

SERVINGS

servings

12

CALORIES

calories

1150 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons rum / brandy / coffee liqueur
- ☐ 0.8 cup confectioners' sugar
- ☐ 1 cup heavy cream cold
- ☐ 12 cake doughnuts halved
- ☐ 16 ounce mascarpone cheese
- ☐ 1.5 cups strong coffee decoction brewed
- ☐ 0.5 teaspoon vanilla extract

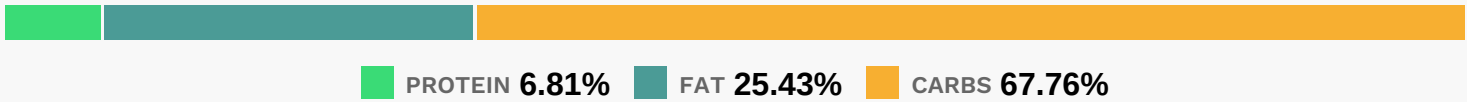
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Combine the mascarpone, 1/2 cup confectioners' sugar, the coffee liqueur and vanilla in a large bowl and beat with a mixer on medium speed until creamy, about 1 minute (do not overmix).
- ☐ Combine the heavy cream and 1/4 cup confectioners' sugar in a separate bowl; beat on medium-high speed until stiff peaks form. Fold the whipped cream into the mascarpone mixture in 3 additions; set aside.
- ☐ Combine the espresso and the remaining 1 tablespoon confectioners' sugar in a shallow bowl. One at a time, dip 12 doughnut halves in the espresso mixture and arrange in a single layer in a 9-by-13-inch baking dish, breaking the doughnuts as necessary to cover the bottom of the dish.
- ☐ Spread one-third of the mascarpone mixture over the doughnuts. Dip the remaining 12 doughnut halves in the espresso mixture and arrange on top.
- ☐ Spread the remaining mascarpone mixture on top. Cover with plastic wrap and refrigerate at least 4 hours or overnight.
- ☐ Cut into pieces and dust with cocoa powder.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:20.528260848444%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg

Nutrients (% of daily need)

Calories: 1150.34kcal (57.52%), Fat: 32.29g (49.67%), Saturated Fat: 17.56g (109.72%), Carbohydrates: 193.58g (64.53%), Net Carbohydrates: 192.08g (69.85%), Sugar: 119.79g (133.1%), Cholesterol: 366.21mg (122.07%), Sodium: 1896.2mg (82.44%), Alcohol: 0.87g (100%), Alcohol %: 0.28% (100%), Caffeine: 11.85mg (3.95%), Protein: 19.45g (38.9%), Vitamin B2: 0.87mg (51.08%), Vitamin B1: 0.74mg (49.14%), Iron: 8.19mg (45.49%), Phosphorus: 423.4mg (42.34%), Selenium: 27.94µg (39.91%), Folate: 142.39µg (35.6%), Manganese: 0.64mg (31.88%), Vitamin B3: 5.86mg (29.3%), Calcium: 276.69mg (27.67%), Vitamin A: 1282.74IU (25.65%), Vitamin B5: 1.56mg (15.6%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.58mg (10.56%), Copper: 0.19mg (9.47%), Potassium: 330.75mg (9.45%), Magnesium: 35.3mg (8.82%), Vitamin B6: 0.16mg (8.16%), Vitamin D: 0.92µg (6.12%), Vitamin E: 0.91mg (6.04%), Fiber: 1.5g (6%), Vitamin K: 1.26µg (1.2%)