



Easy Tiramisu

READY IN



130 min.

SERVINGS



15

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup brandy
- ☐ 3 egg whites
- ☐ 0.3 cup espresso powder instant
- ☐ 0.5 cup water boiling
- ☐ 2 tablespoons plus
- ☐ 8 oz cream cheese softened

- ☐ 0.5 cup powdered sugar
- ☐ 2 cups whipping cream
- ☐ 1 tablespoon cocoa powder unsweetened

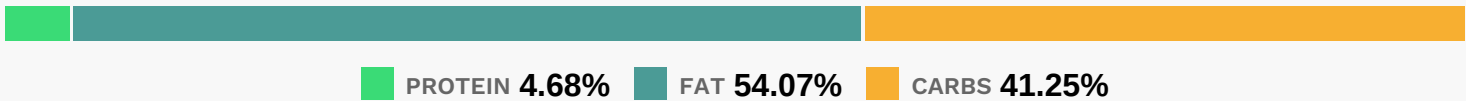
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake as directed on box for 13x9-inch pan. Cool 15 minutes.
- ☐ In small bowl, mix espresso granules and 1/2 cup boiling water. Stir in corn syrup. Pierce top of cake every 1/2 inch with long-tined fork.
- ☐ Brush top of cake with espresso syrup. Cool completely, about 1 hour.
- ☐ In medium bowl, beat cream cheese and powdered sugar with electric mixer on low speed until mixed. Beat on high speed until smooth. Gradually beat in whipping cream, beating on high speed about 2 minutes or until stiff peaks form.
- ☐ Spread cream mixture over top of cake; sprinkle with cocoa. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:6.3660870110211%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.75kcal (19.14%), Fat: 22.85g (35.16%), Saturated Fat: 11.8g (73.74%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 38.72g (14.08%), Sugar: 22.21g (24.68%), Cholesterol: 51.13mg (17.04%), Sodium: 309.51mg (13.46%), Alcohol: 1.34g (100%), Alcohol %: 1.29% (100%), Caffeine: 124.58mg (41.53%), Protein: 4.45g (8.9%), Phosphorus: 166.19mg (16.62%), Vitamin A: 669.54IU (13.39%), Calcium: 118.63mg (11.86%), Vitamin B2: 0.2mg (11.78%), Vitamin K: 11.26µg (10.72%), Selenium: 7.01µg (10.01%), Vitamin B3: 1.98mg (9.91%), Manganese: 0.15mg (7.72%), Vitamin E: 1.12mg (7.46%), Folate: 27.1µg (6.78%), Potassium: 226.1mg (6.46%), Vitamin B1: 0.09mg (5.83%), Magnesium: 22.86mg (5.71%), Iron: 0.95mg (5.28%), Vitamin D: 0.51µg (3.38%), Copper: 0.06mg (2.93%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.37mg (2.44%), Fiber: 0.5g (2.01%), Vitamin B6: 0.03mg (1.56%), Vitamin B12: 0.09µg (1.49%)