



## Easy Tiramisu Dessert

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

### Ingredients

- 10.8 ounces round cake frozen thawed cut into 9 slices
- 0.8 cup hot-brewed coffee room temperature ()
- 1 cup sugar
- 0.5 cup chocolate syrup
- 8 ounces mascarpone cheese softened
- 2 cups whipping cream (heavy)
- 2.8 ounces heath candy bars chopped

### Equipment

- bowl
- baking pan
- hand mixer

## Directions

- Arrange cake slices in bottom of rectangular baking dish, 11x7x1 1/2 inches, cutting cake slices if necessary to cover bottom of dish.
- Drizzle coffee over cake.
- Beat sugar, chocolate syrup and mascarpone cheese in large bowl with electric mixer on medium speed until smooth.
- Add whipping cream. Beat on medium speed until light and fluffy.
- Spread over cake.
- Sprinkle with candy.
- Cover and refrigerate at least 1 hour but no longer than 24 hours to set dessert and blend flavors.

## Nutrition Facts

**PROTEIN 3.93%** **FAT 53.71%** **CARBS 42.36%**

## Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:4.3482608821081%

## 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: 428.14kcal (21.41%), Fat: 25.86g (39.79%), Saturated Fat: 15.76g (98.51%), Carbohydrates: 45.89g (15.3%),  
 Net Carbohydrates: 45.28g (16.47%), Sugar: 37.32g (41.46%), Cholesterol: 91.15mg (30.38%), Sodium: 211.87mg  
 (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.68mg (2.22%), Protein: 4.26g (8.51%), Vitamin A:  
 886.81IU (17.74%), Vitamin B2: 0.16mg (9.62%), Phosphorus: 74.37mg (7.44%), Calcium: 72.96mg (7.3%), Iron: 1mg  
 (5.58%), Selenium: 3.78µg (5.39%), Manganese: 0.11mg (5.28%), Vitamin B1: 0.07mg (4.86%), Vitamin D: 0.69µg

(4.57%), Copper: 0.09mg (4.28%), Magnesium: 14.14mg (3.53%), Folate: 14.07µg (3.52%), Vitamin B3: 0.58mg (2.92%), Vitamin E: 0.43mg (2.87%), Potassium: 98.42mg (2.81%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.61g (2.42%), Zinc: 0.32mg (2.14%), Vitamin B12: 0.12µg (2.07%), Vitamin B6: 0.03mg (1.4%), Vitamin K: 1.4µg (1.33%)