



WHATSheATE



Easy Tiramisu Dessert



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



432 kcal

DESSERT

Ingredients

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

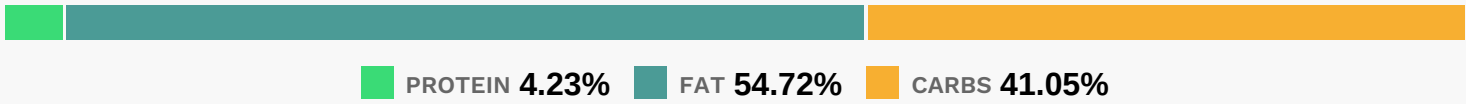
Equipment

- ☐ 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



Properties

Glycemic Index:7.76, Glycemic Load:12.17, Inflammation Score:-5, Nutrition Score:5.6926087633423%

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: 432.31kcal (21.62%), Fat: 26.53g (40.81%), Saturated Fat: 16.3g (101.9%), Carbohydrates: 44.77g (14.92%),
Net Carbohydrates: 43.6g (15.85%), Sugar: 34.91g (38.78%), Cholesterol: 89.83mg (29.94%), Sodium: 190.11mg
(8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.97mg (3.99%), Protein: 4.62g (9.23%), Vitamin A:
889.39IU (17.79%), Manganese: 0.23mg (11.72%), Copper: 0.2mg (10.12%), Iron: 1.79mg (9.95%), Vitamin B2: 0.17mg
(9.92%), Phosphorus: 94.74mg (9.47%), Calcium: 77.46mg (7.75%), Magnesium: 29.22mg (7.31%), Selenium: 4.23µg

(6.04%), Vitamin B1: 0.08mg (5.01%), Fiber: 1.17g (4.69%), Vitamin D: 0.69µg (4.57%), Potassium: 145.71mg (4.16%), Zinc: 0.54mg (3.6%), Folate: 14.07µg (3.52%), Vitamin B3: 0.65mg (3.27%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 1.88µg (1.79%), Vitamin B6: 0.03mg (1.53%)