



Fast Tiramisu

READY IN



45 min.

SERVINGS



12

CALORIES



434 kcal

DESSERT

Ingredients

- 6 egg yolk
- 6 tbsp granulated sugar
- 450 g mascarpone cheese
- 454 g cup heavy whipping cream 35% (fat)
- 1 package ladyfingers
- 0.3 cup rum / brandy / coffee liqueur for and the original recipe is made with it flavored (Amaretto Tiramisu is special)
- 3 cups hot-brewed coffee (strong)
- 2 teaspoons cocoa powder unsweetened for dusting

- 2 envelopes tsp vanilla sugar

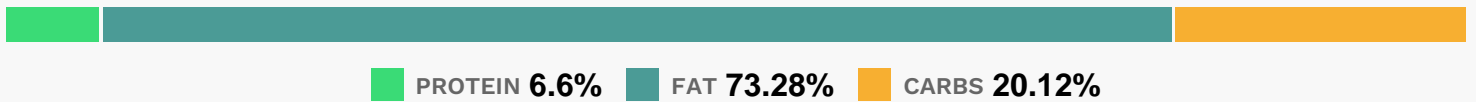
Equipment

- frying pan

Directions

- First thing: make the coffee and let it cool down, THEN add the rum!
- Second, beat the whipping cream, and put it in the fridge (do not add sugar in it, just vanilla sugar, if you have one envelope in the house)
- Beat the egg yolks with the sugar (6 tbsp sugar) until become thick and lemon colored.
- Then add mascarpone cheese, beat until incorporated, and vanilla bean or vanilla sugar.
- At the end add whipping cream, beat until incorporated.
- In a pan (26cm / 40cm) line up the lady fingers, after you soaked Them one by one into the coffee (just 1 second each side).
- Add half of the cream, THEN line up the other half of lady fingers (same soaked in coffee) but in the opposite way.
- On the top you put the rest of the cream and garnish with cocoa.
- Put it in the fridge for at Least 6 hours!
- Good luck!
- No baking, just 30 minutes and Tiramisu is ready!

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.31, Inflammation Score:-6, Nutrition Score:5.67%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 29.25%, Saltiness: 25.56%, Sourness: 22.42%, Bitterness: 50.97%, Savoriness: 20.24%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 433.79kcal (21.69%), Fat: 34.49g (53.07%), Saturated Fat: 20.66g (129.1%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 21.08g (7.66%), Sugar: 10.38g (11.53%), Cholesterol: 213.92mg (71.31%), Sodium: 61.22mg (2.66%), Alcohol: 1.42g (7.9%), Caffeine: 24.08mg (8.03%), Protein: 6.99g (13.98%), Vitamin A: 1302.67IU (26.05%), Vitamin B2: 0.24mg (13.87%), Calcium: 98.3mg (9.83%), Selenium: 6.24µg (8.91%), Phosphorus: 88.59mg (8.86%), Vitamin D: 1.09µg (7.28%), Folate: 28.6µg (7.15%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.36µg (6%), Vitamin B1: 0.08mg (5.25%), Iron: 0.91mg (5.04%), Vitamin E: 0.59mg (3.91%), Zinc: 0.51mg (3.4%), Vitamin B6: 0.07mg (3.28%), Manganese: 0.07mg (3.26%), Potassium: 96.09mg (2.75%), Vitamin B3: 0.49mg (2.45%), Magnesium: 7.69mg (1.92%), Copper: 0.03mg (1.73%), Vitamin K: 1.34µg (1.27%)