



Frozen Tiramisu Squares

 Gluten Free

READY IN



330 min.

SERVINGS



15

CALORIES



363 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 15 servings cocoa powder
- 0.3 cup butter melted
- 0.3 cup chocolate syrup
- 16 oz cream cheese softened
- 1 tablespoon espresso powder dry instant ()
- 1 teaspoon espresso powder dry instant ()
- 0.3 cup orange juice concentrate frozen thawed ()

- 0.5 cup sugar
- 14 oz condensed milk sweetened canned
- 1 tablespoon water hot
- 1.5 cups whipping cream (heavy)
- 1 cup frangelico
- 1 cup frangelico

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350F. Spray 13x9-inch pan with cooking spray. In medium bowl, mix Bisquick mix, sugar, 1/3 cup cocoa, 1 tablespoon coffee and the butter until crumbly. Crumble mixture lightly into pan.
- Bake 6 minutes; cool.
- In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Gradually beat in milk.
- Place about 2 cups of the cream cheese mixture in separate bowl.
- Add juice concentrate to cream cheese mixture in one bowl. Dissolve 1 teaspoon coffee in hot water; stir coffee mixture and chocolate syrup into cream cheese mixture in other bowl.
- In chilled medium bowl, beat whipping cream on high speed until stiff. Fold half of the whipped cream into each cream cheese mixture. Cover and refrigerate chocolate mixture. Spoon orange mixture over crust.
- Freeze crust with orange mixture about 1 hour or until firm.
- Spread chocolate mixture evenly over orange mixture. Freeze about 4 hours or until firm.
- Let stand 10 minutes at room temperature before serving. For squares, cut into 5 rows by 3 rows.

Sprinkle each serving with cocoa. Store covered in freezer.

Nutrition Facts

PROTEIN 5.86% **FAT 61.87%** **CARBS 32.27%**

Properties

Glycemic Index:10.54, Glycemic Load:13.89, Inflammation Score:-6, Nutrition Score:6.7460869447045%

Flavonoids

Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 362.63kcal (18.13%), Fat: 25.85g (39.77%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.08g (10.57%), Sugar: 26.82g (29.8%), Cholesterol: 66.43mg (22.14%), Sodium: 187.36mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.56mg (6.52%), Protein: 5.51g (11.02%), Vitamin A: 1025IU (20.5%), Phosphorus: 146.18mg (14.62%), Vitamin B2: 0.25mg (14.45%), Calcium: 128.58mg (12.86%), Selenium: 7.83µg (11.18%), Vitamin C: 7.71mg (9.35%), Magnesium: 32.17mg (8.04%), Copper: 0.15mg (7.6%), Potassium: 262.32mg (7.49%), Manganese: 0.15mg (7.27%), Fiber: 1.25g (5.02%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.23µg (3.77%), Iron: 0.65mg (3.63%), Vitamin B1: 0.05mg (3.45%), Vitamin D: 0.43µg (2.89%), Folate: 11.31µg (2.83%), Vitamin B6: 0.06mg (2.77%), Vitamin B3: 0.34mg (1.72%), Vitamin K: 1.68µg (1.6%)