



Gluten-Free Tiramisu Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



244 kcal

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 1 cup butter softened
- 1.3 cups water
- 4 teaspoons vanilla gluten-free
- 6 eggs
- 2 cups whipping cream
- 8 oz mascarpone cheese gluten-free
- 3 tablespoons rum / brandy / coffee liqueur
- 1 tablespoon hot-brewed coffee cold brewed

- 1 cup powdered sugar
- 0.3 cup rum / brandy / coffee liqueur
- 0.1 teaspoon cocoa powder unsweetened
- 0.3 cup milk chocolate shavings dark

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mixes, butter, water, vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups, filling each three-fourths full.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- In large bowl, beat whipping cream with electric mixer on high speed until stiff.
- Add mascarpone cheese, 3 tablespoons liqueur, cold brewed coffee and the powdered sugar; beat just until well blended and thick enough to pipe or spread (do not overbeat).
- In shallow bowl, place 1/4 cup liqueur. Dip tops of each cooled cupcake into liqueur. Top with whipped cream mixture.
- Sprinkle with cocoa and chocolate shavings. Store loosely covered in refrigerator.

Nutrition Facts



■ PROTEIN 4.78% ■ FAT 79.7% ■ CARBS 15.52%

Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.7617391535769%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 244.02kcal (12.2%), Fat: 21.09g (32.44%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 9.04g (3.29%), Sugar: 8.53g (9.48%), Cholesterol: 93.26mg (31.09%), Sodium: 88.41mg (3.84%), Alcohol: 1.17g (100%), Alcohol %: 1.58% (100%), Protein: 2.85g (5.7%), Vitamin A: 720.84IU (14.42%), Selenium: 4.3µg (6.15%), Vitamin B2: 0.09mg (5.53%), Phosphorus: 42.06mg (4.21%), Calcium: 36.81mg (3.68%), Vitamin D: 0.54µg (3.58%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.24mg (2.39%), Copper: 0.04mg (2.2%), Iron: 0.37mg (2.08%), Manganese: 0.04mg (1.9%), Magnesium: 7.49mg (1.87%), Zinc: 0.27mg (1.78%), Folate: 6.26µg (1.57%), Potassium: 51.73mg (1.48%), Vitamin K: 1.51µg (1.44%), Vitamin B6: 0.03mg (1.35%)