



Individual Tiramisu

 Vegetarian

READY IN



165 min.

SERVINGS



4

CALORIES



589 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese at room temperature
- ☐ 3 egg yolks
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons marsala wine
- ☐ 8 slices round cake store-bought cut in thirds 1/
- ☐ 2 tablespoons vanilla greek yogurt
- ☐ 0.8 cup strong coffee decoction sweetened with 1 tablespoon sugar, cooled
- ☐ 0.3 cup sugar

- ☐ 2 tablespoons cocoa unsweetened for dusting
- ☐ 0.3 teaspoon vanilla extract

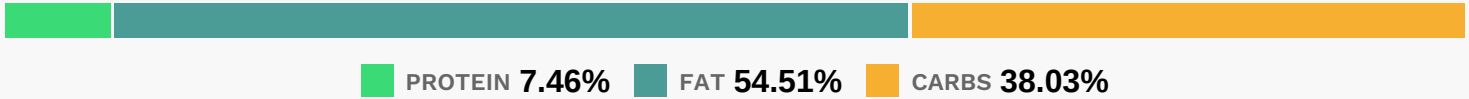
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ double boiler

Directions

- ☐ Place the egg yolks, sugar and wine into a metal bowl.
- ☐ Place the bowl on a pan of barely simmering water, making a double boiler.
- ☐ Whisk the mixture constantly until the mixture becomes foamy and then creamy, doubling in size, about 5 minutes. The mixture should be uncomfortably warm to the touch, but not burning.
- ☐ Remove from the heat and set aside.
- ☐ In a small mixing bowl, whip the heavy cream until soft peaks form, about 2 minutes, and set aside.
- ☐ In a medium bowl, mix the Mock Mascarpone cheese with the egg mixture using medium speed until well blended. Fold in the whipped cream.
- ☐ Pour the coffee into a wide bowl; briefly dip 3 slices of the pound cake into the coffee, about 3 seconds each side.
- ☐ Transfer to a 6 to 8-ounce parfait glass to create the first layer. Top the slices of cake with a few spoonfuls of the cream filling mixture. Repeat the process with another 3 slices of cake and top with more filling mixture. Repeat the process for the remaining parfait glasses. Dust each dessert with the cocoa. Refrigerate for a couple of hours before serving.
- ☐ In a small bowl, cream together the cream cheese, yogurt and vanilla extract with a mixer until well blended. Refrigerate if a firmer texture is desired. Use in recipes as an inexpensive alternative to mascarpone.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:9.57, Inflammation Score:-7, Nutrition Score:11.813478147206%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 588.63kcal (29.43%), Fat: 35.86g (55.17%), Saturated Fat: 20.28g (126.73%), Carbohydrates: 56.29g (18.76%), Net Carbohydrates: 55.06g (20.02%), Sugar: 38.48g (42.75%), Cholesterol: 298.26mg (99.42%), Sodium: 571.28mg (24.84%), Alcohol: 1.23g (100%), Alcohol %: 0.67% (100%), Caffeine: 23.52mg (7.84%), Protein: 11.05g (22.1%), Vitamin A: 1486.16IU (29.72%), Selenium: 20µg (28.57%), Vitamin B2: 0.48mg (28.46%), Phosphorus: 243.35mg (24.33%), Calcium: 147.21mg (14.72%), Folate: 56.42µg (14.1%), Iron: 2.47mg (13.75%), Vitamin B1: 0.2mg (13.32%), Manganese: 0.26mg (12.84%), Vitamin B5: 1.24mg (12.36%), Vitamin B12: 0.63µg (10.53%), Vitamin D: 1.33µg (8.83%), Vitamin E: 1.26mg (8.41%), Copper: 0.16mg (8.12%), Zinc: 1.2mg (7.98%), Magnesium: 29.8mg (7.45%), Potassium: 255.09mg (7.29%), Vitamin B3: 1.4mg (7.02%), Vitamin B6: 0.13mg (6.44%), Fiber: 1.23g (4.9%), Vitamin K: 2.46µg (2.35%)