

Instant Tiramisu

READY IN



45 min.

SERVINGS



10

CALORIES



211 kcal

DESSERT

Ingredients

- 0.5 cup kahlua (coffee-flavored liqueur)
- 24 ladyfingers (2 [3-ounce] packages)
- 1 cup part-skim ricotta cheese
- 0.5 cup sugar
- 1 tablespoon cocoa unsweetened

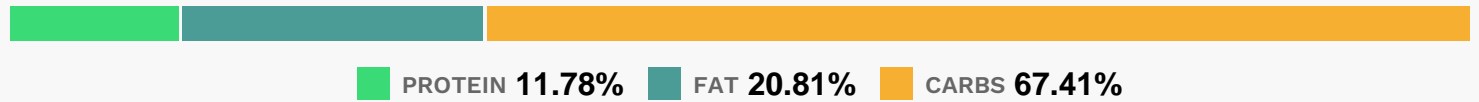
Equipment

- food processor
- baking pan

Directions

- Combine the ricotta, cream cheese, and sugar in a food processor; process until smooth.
- Split the ladyfingers in half lengthwise. Arrange 24 halves in a single layer in an 11 x 7-inch baking dish.
- Drizzle with half the Kahlua, and let stand 5 minutes.
- Spread half of cheese mixture evenly over the ladyfingers. Repeat procedure with the remaining ladyfingers, Kahla, and cheese mixture.
- Sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:3.7573913118762%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 210.7kcal (10.53%), Fat: 4.5g (6.92%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 32.36g (11.77%), Sugar: 15.59g (17.32%), Cholesterol: 66.03mg (22.01%), Sodium: 70.96mg (3.09%), Alcohol: 2.56g (100%), Alcohol %: 4.42% (100%), Protein: 5.73g (11.47%), Vitamin B2: 0.16mg (9.53%), Phosphorus: 94.73mg (9.47%), Calcium: 80.6mg (8.06%), Iron: 1.13mg (6.27%), Selenium: 4.27µg (6.1%), Folate: 23.71µg (5.93%), Vitamin B1: 0.08mg (5.37%), Vitamin A: 242.02IU (4.84%), Vitamin B12: 0.27µg (4.5%), Zinc: 0.67mg (4.46%), Manganese: 0.09mg (4.27%), Vitamin B5: 0.36mg (3.56%), Vitamin B3: 0.59mg (2.93%), Copper: 0.05mg (2.66%), Magnesium: 9.38mg (2.35%), Potassium: 68.63mg (1.96%), Vitamin B6: 0.04mg (1.89%), Fiber: 0.45g (1.8%)