



WHATSheATE

Johnny Garlic's Classic Tiramisu

READY IN



790 min.

SERVINGS



12

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 3 ounces amaretto (recommended: DiSaranno)
- ☐ 36 ladyfinger biscuits hard italian-style
- ☐ 0.3 cup bittersweet chocolate shaved
- ☐ 2 cups strongly coffee brewed
- ☐ 3 egg yolks
- ☐ 2 cups mascarpone cheese
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened divided
- ☐ 1.8 cup whipping cream divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ stand mixer

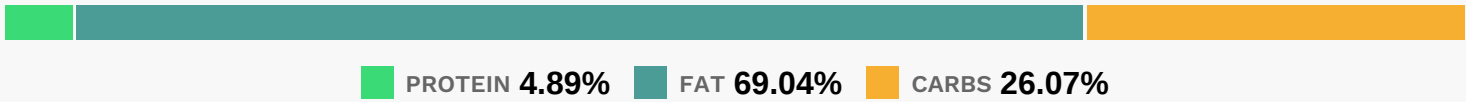
Directions

- ☐ Combine the coffee and amaretto liqueur in a bowl or shallow baking dish and set aside.
- ☐ Bring a small saucepan with 2 inches of water to a boil over high heat. In a small heatproof bowl that will fit on top of the saucepan, or in a double boiler, combine the egg yolks and 1/2 cup of the whipping cream.
- ☐ Place over the hot water and whisk continuously until the mixture is 160 degrees F and coats the back of a spoon, 5 to 6 minutes.
- ☐ Remove from the heat and whisk for 3 to 4 minutes to cool. Set aside to cool completely, approximately 10 to 15 minutes.
- ☐ In a stand mixer fitted with a whisk attachment, add the remaining whipping cream, prepared yolk mixture, and sugar and beat until soft peaks form, 3 to 5 minutes.
- ☐ Add the mascarpone and combine well.
- ☐ Place 1 layer of the ladyfingers in a 9 by 13-inch pan; most pans this size fit them in 6 rows of
- ☐ Then, dip both sides of the ladyfingers quickly into the coffee mixture and place back into the pan.
- ☐ Spread half of the mascarpone mixture over the cookies, sprinkle with half of the cocoa powder. Repeat with another layer. Cover tightly with plastic wrap and refrigerate for 6 to 12 hours.
- ☐ Shave the chocolate over the top for garnish and cut with a sharp thin knife into squares.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:17.82, Inflammation Score:-6, Nutrition Score:6.5421738520913%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 532.77kcal (26.64%), Fat: 40.02g (61.58%), Saturated Fat: 22.22g (138.88%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 33.02g (12.01%), Sugar: 19.47g (21.63%), Cholesterol: 125.54mg (41.85%), Sodium: 140.04mg (6.09%), Alcohol: 1.84g (100%), Alcohol %: 1.41% (100%), Caffeine: 22.69mg (7.56%), Protein: 6.38g (12.76%), Vitamin A: 1127.73IU (22.55%), Vitamin B2: 0.22mg (12.91%), Manganese: 0.22mg (11.11%), Calcium: 89.38mg (8.94%), Vitamin B1: 0.13mg (8.56%), Selenium: 5.92µg (8.45%), Folate: 33.31µg (8.33%), Vitamin E: 1.19mg (7.96%), Iron: 1.41mg (7.83%), Phosphorus: 74.69mg (7.47%), Copper: 0.12mg (5.78%), Vitamin B3: 1.14mg (5.71%), Vitamin D: 0.8µg (5.32%), Magnesium: 18.83mg (4.71%), Vitamin K: 4.76µg (4.54%), Vitamin B5: 0.43mg (4.27%), Fiber: 0.99g (3.96%), Potassium: 119.26mg (3.41%), Zinc: 0.5mg (3.32%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.15µg (2.5%)