



Kahlua Tiramisu

READY IN



40 min.

SERVINGS



6

CALORIES



561 kcal

DESSERT

Ingredients

- ☐ 6 servings cocoa powder
- ☐ 1 tablespoon granulated sugar
- ☐ 12 teaspoons kahlua
- ☐ 18 lady fingers soft (available in the packaged-baked-goods section)
- ☐ 8 ounce mascarpone cheese softened
- ☐ 12 ounce vanilla pudding refrigerated prepared
- ☐ 6 teaspoons non-dairy whipped topping frozen thawed

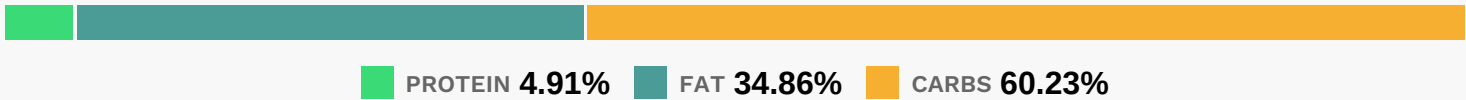
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Line 6 (1-cup) glass custard cups with plastic wrap. Spoon 2 teaspoons Kahlua into each cup. Soak 3 lady fingers in each cup, turning to coat both sides. Arrange lady fingers around sides of cups. Set aside. In a large bowl, whisk mascarpone, sugar, and remaining 2 tablespoons Kahlua until just smooth.
- ☐ Whisk in pudding. Divide pudding mixture equally among prepared cups. Cover tightly and refrigerate until set, about 30 minutes, or up to 1 day. Uncover cups. Invert cups onto plates and remove plastic wrap. Top with whipped topping and sprinkle with cocoa powder just before serving.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:4.1478260690751%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 560.76kcal (28.04%), Fat: 21.06g (32.4%), Saturated Fat: 12.43g (77.69%), Carbohydrates: 81.88g (27.29%), Net Carbohydrates: 80.84g (29.4%), Sugar: 52.84g (58.71%), Cholesterol: 110.83mg (36.94%), Sodium: 433.92mg (18.87%), Alcohol: 2.17g (100%), Alcohol %: 1.89% (100%), Protein: 6.67g (13.34%), Vitamin A: 716.32IU (14.33%), Vitamin B2: 0.16mg (9.17%), Iron: 1.37mg (7.62%), Calcium: 76.06mg (7.61%), Phosphorus: 69.21mg (6.92%), Folate: 25.88µg (6.47%), Vitamin B1: 0.1mg (6.37%), Manganese: 0.12mg (6.11%), Vitamin B12: 0.26µg (4.29%), Fiber: 1.04g (4.16%), Copper: 0.08mg (4.09%), Vitamin B5: 0.37mg (3.71%), Vitamin B3: 0.72mg (3.61%), Zinc: 0.46mg (3.07%), Magnesium: 9.3mg (2.32%), Vitamin B6: 0.04mg (2.12%), Potassium: 68.85mg (1.97%), Selenium: 0.78µg (1.12%)