



Mango Tiramisu with Raspberry Sauce

READY IN



45 min.

SERVINGS



9

CALORIES



696 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 0.5 cup coconut milk canned
- ☐ 3 large egg yolks
- ☐ 0.3 cup granulated sugar
- ☐ 42 double ladyfingers split (2 packages; 3 oz. each)
- ☐ 2 firm-ripe mangoes ()
- ☐ 0.5 lb mascarpone cheese
- ☐ 0.5 cup powdered sugar
- ☐ 9 servings raspberry sauce

- ☐ 0.5 cup coconut or dried shredded sweetened
- ☐ 1.5 cups whipping cream

Equipment

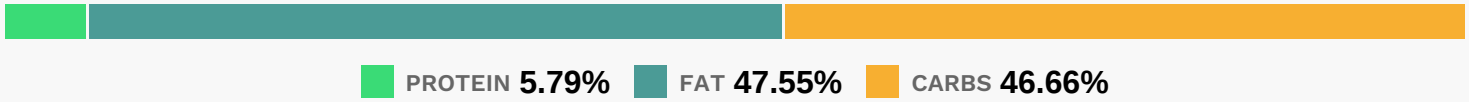
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ double boiler
- ☐ spatula

Directions

- ☐ Peel mangoes and cut from pit lengthwise into 1/4-inch slices. Measure 1 cup of the smallest pieces; cover and chill remaining large slices. In a blender or food processor, whirl the 1 cup mangoes and the coconut milk to a smooth pure; pour into a bowl.
- ☐ In the top of a double boiler, combine egg yolks, granulated sugar, and brandy.
- ☐ Whisk over simmering water until mixture reaches 140°F.
- ☐ Adjust heat to keep mixture between 140 and 150°F, and continue to whisk for 3 minutes.
- ☐ Remove from heat and add the mascarpone cheese; stir until mixture is well blended.
- ☐ In a deep bowl with a mixer on high speed, whip cream and powdered sugar until cream holds distinct peaks.
- ☐ Add the mascarpone mixture and fold gently to blend.
- ☐ Separate ladyfinger pieces. With a fork, dip half the pieces, 1 at a time, in mango pure to coat; lift out, drain briefly, and arrange flat side down in a single layer in a 9-inch square pan. Cover ladyfingers in pan with half the mascarpone mixture, spreading it level. Repeat to dip remaining ladyfinger pieces in mango pure and arrange in a single layer over mascarpone mixture in pan.
- ☐ Spread remaining mascarpone mixture smoothly over top layer of ladyfingers. Cover tiramisu airtight and chill at least 2 hours or up to 1 day.

- ☐ In an 8- to 10-inch frying pan over medium-high heat, stir coconut until golden, 4 to 6 minutes; pour into a small bowl. When cool, cover airtight.
- ☐ To serve, cut tiramisu into 9 equal squares. Use a wide spatula to lift out portions and set on plates. Arrange reserved mango slices equally on portions and sprinkle equally with toasted coconut; spoon raspberry sauce equally around desserts.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:8.36, Inflammation Score:-8, Nutrition Score:12.081739239071%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 695.87kcal (34.79%), Fat: 37.02g (56.95%), Saturated Fat: 22.94g (143.35%), Carbohydrates: 81.73g (27.24%), Net Carbohydrates: 79.69g (28.98%), Sugar: 34.42g (38.24%), Cholesterol: 244.67mg (81.56%), Sodium: 126.53mg (5.5%), Alcohol: 1.11g (100%), Alcohol %: 0.58% (100%), Protein: 10.14g (20.27%), Vitamin A: 1807.58IU (36.15%), Vitamin C: 22.6mg (27.39%), Manganese: 0.47mg (23.31%), Vitamin B2: 0.35mg (20.86%), Folate: 73.98µg (18.5%), Phosphorus: 161.07mg (16.11%), Iron: 2.54mg (14.09%), Vitamin B1: 0.19mg (12.4%), Calcium: 103.26mg (10.33%), Vitamin B5: 1.01mg (10.13%), Selenium: 6.69µg (9.56%), Vitamin B12: 0.56µg (9.32%), Copper: 0.17mg (8.68%), Vitamin B6: 0.17mg (8.68%), Fiber: 2.03g (8.13%), Vitamin B3: 1.6mg (8.01%), Potassium: 250.79mg (7.17%), Zinc: 1.06mg (7.05%), Vitamin E: 1mg (6.68%), Vitamin D: 0.94µg (6.27%), Magnesium: 22.77mg (5.69%), Vitamin K: 3.54µg (3.37%)