



Pronto Tiramisu

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

615 kcal

DESSERT

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 0.5 cup bittersweet chocolate dark grated
- ☐ 0.5 cup brown sugar
- ☐ 1 cup regular coffee
- ☐ 1 cup heavy cream
- ☐ 12 large ladyfingers crushed

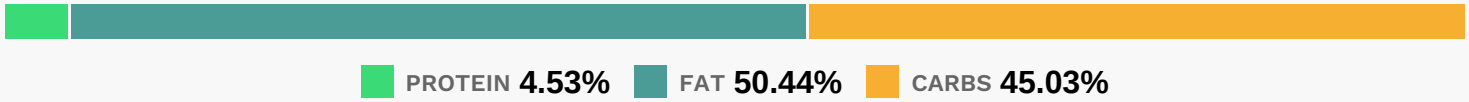
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl mix the coffee and amaretto.
- ☐ Add the crushed ladyfingers and let soak for 2 minutes. Meanwhile, whip the heavy cream and brown sugar until soft peaks form.
- ☐ Take 4 dessert glasses and place soaked ladyfingers into the bottom of each glass with a spoon. Top with whipped cream followed by another spoon of soaked ladyfingers. Repeat this process ending with whipped cream layer on top. Grate chocolate on top for garnish.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:9.2678259429724%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 615.07kcal (30.75%), Fat: 32.93g (50.67%), Saturated Fat: 19.67g (122.96%), Carbohydrates: 66.17g (22.06%), Net Carbohydrates: 64.09g (23.3%), Sugar: 42.78g (47.53%), Cholesterol: 141.48mg (47.16%), Sodium: 77.22mg (3.36%), Alcohol: 5.11g (100%), Alcohol %: 2.94% (100%), Caffeine: 47.63mg (15.88%), Protein: 6.65g (13.3%), Vitamin A: 1069.07IU (21.38%), Manganese: 0.4mg (20.21%), Vitamin B2: 0.31mg (18.31%), Copper: 0.33mg (16.64%), Iron: 2.84mg (15.76%), Phosphorus: 152.53mg (15.25%), Magnesium: 51.47mg (12.87%), Calcium: 92.55mg (9.25%), Fiber: 2.08g (8.32%), Potassium: 289.35mg (8.27%), Vitamin B1: 0.12mg (8.11%), Vitamin B5: 0.77mg (7.72%), Zinc: 1.12mg (7.5%), Folate: 29.25µg (7.31%), Vitamin B12: 0.38µg (6.37%), Vitamin D: 0.95µg (6.35%), Selenium: 4.01µg (5.73%), Vitamin B3: 1.09mg (5.44%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.08mg (4.02%), Vitamin K: 3.54µg (3.37%)