



## Raspberry Tiramisu

READY IN



570 min.

SERVINGS



6

CALORIES



851 kcal

DESSERT

### Ingredients

- 3 tablespoons almonds toasted sliced
- 4 egg whites
- 4 egg yolks
- 12 ounces ladyfingers
- 1 pound mascarpone cheese
- 0.3 cup brandy-based orange liqueur grand marnier® (such as )
- 1 pound raspberries fresh
- 4 ounces bittersweet chocolate grated
- 0.5 teaspoon vanilla extract

- 0.5 cup water cold
- 6 tablespoons sugar white

## Equipment

- bowl
- mixing bowl
- glass baking pan

## Directions

- In a medium bowl, combine raspberries with 6 tablespoons sugar. Crush a few of the berries; set aside. In a small bowl, dissolve 1 cup sugar in 1/3 cup hot water. When dissolved, stir in Grand Marnier and cold water; set aside.
- Beat egg yolks with 6 tablespoons sugar until ribbons form, about 5 minutes. mix in mascarpone until smooth. In a large glass or metal mixing bowl, with clean beaters, beat egg whites until foamy. Gradually add 6 tablespoons sugar, continuing to beat until stiff peaks form. Fold 1/3 of the whites into the mascarpone mixture, then quickly fold in remaining whites until no streaks remain.
- Brush ladyfingers on both sides with Grand Marnier syrup.
- Place on bottom and sides of a 9x13 inch glass baking dish. Spoon raspberries evenly over ladyfingers.
- Spread 1/2 of the mascarpone mixture over the raspberries.
- Sprinkle chocolate shavings over cream, then cover with the remaining cream mixture. Top with toasted almonds. Cover with plastic, and refrigerate overnight.

## Nutrition Facts



## Properties

Glycemic Index:17.68, Glycemic Load:9.48, Inflammation Score:-8, Nutrition Score:18.306521685227%

## Flavonoids

Cyanidin: 34.72mg, Cyanidin: 34.72mg, Cyanidin: 34.72mg, Cyanidin: 34.72mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 851.32kcal (42.57%), Fat: 52.69g (81.06%), Saturated Fat: 28.66g (179.15%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 63.46g (23.08%), Sugar: 25.89g (28.77%), Cholesterol: 331.64mg (110.55%), Sodium: 168.51mg (7.33%), Alcohol: 2.67g (100%), Alcohol %: 1.11% (100%), Caffeine: 18.81mg (6.27%), Protein: 18.52g (37.05%), Manganese: 1.02mg (50.95%), Vitamin A: 1581.12IU (31.62%), Fiber: 7.62g (30.47%), Vitamin B2: 0.49mg (28.98%), Phosphorus: 243.61mg (24.36%), Vitamin C: 19.81mg (24.01%), Iron: 4.29mg (23.82%), Copper: 0.43mg (21.56%), Folate: 80.05µg (20.01%), Calcium: 194.28mg (19.43%), Magnesium: 73.53mg (18.38%), Selenium: 12.77µg (18.24%), Vitamin E: 2.36mg (15.73%), Vitamin B1: 0.22mg (14.92%), Vitamin B5: 1.36mg (13.59%), Zinc: 1.91mg (12.73%), Vitamin B12: 0.71µg (11.85%), Potassium: 371.4mg (10.61%), Vitamin B3: 2.02mg (10.12%), Vitamin B6: 0.17mg (8.36%), Vitamin K: 7.34µg (6.99%), Vitamin D: 0.65µg (4.32%)