



Rum and Ricotta Tiramisu

READY IN



500 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- 1.5 cups very strong espresso cooled
- 16 ladyfingers
- 0.8 cup cream cheese light
- 1 cup ricotta cheese low-fat
- 1 tablespoon rum
- 0.3 cup caster sugar
- 2 tablespoons cocoa unsweetened for dusting

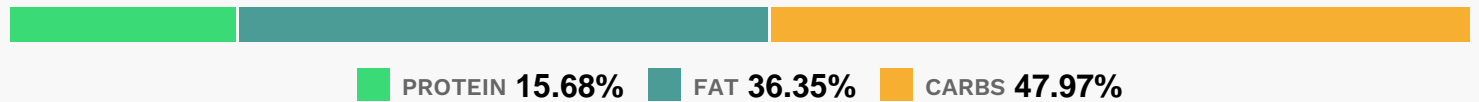
Equipment

plastic wrap

Directions

- Beat the cheeses, rum and sugar with electric beaters until light and creamy, set aside.
- Pour the coffee into a large shallow dish. Quickly dip 1 side of half the ladyfingers into the coffee and lay closely together with the dipped side down over the base of a large flat-based serving dish or large cafe au lait cups.
- Spread half of the cheese mixture evenly over the ladyfingers. Dust with half the cocoa then repeat layers with coffee-dipped biscuits and cheese. Cover with plastic wrap and refrigerate for at least 6 hours or overnight. Dust with remaining cocoa just before serving.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:4.36, Inflammation Score:-4, Nutrition Score:6.4460869191781%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 203.53kcal (10.18%), Fat: 8.17g (12.57%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 23.56g (8.57%), Sugar: 7.66g (8.52%), Cholesterol: 70.38mg (23.46%), Sodium: 158.4mg (6.89%), Alcohol: 0.63g (100%), Alcohol %: 0.61% (100%), Caffeine: 96.68mg (32.23%), Protein: 7.93g (15.85%), Vitamin B2: 0.28mg (16.22%), Vitamin B3: 2.85mg (14.24%), Phosphorus: 141.34mg (14.13%), Calcium: 130.51mg (13.05%), Magnesium: 50.73mg (12.68%), Selenium: 6.29µg (8.99%), Vitamin B12: 0.46µg (7.7%), Vitamin A: 365.56IU (7.31%), Iron: 1.2mg (6.65%), Folate: 26.09µg (6.52%), Manganese: 0.13mg (6.45%), Zinc: 0.9mg (6.02%), Copper: 0.11mg (5.45%), Potassium: 189.24mg (5.41%), Vitamin B1: 0.08mg (5.3%), Vitamin B5: 0.53mg (5.26%), Fiber: 0.68g (2.73%), Vitamin B6: 0.05mg (2.28%)