



## Rum Raisin Tiramisu

READY IN



45 min.

SERVINGS



8

CALORIES



597 kcal

DESSERT

### Ingredients

- 6 extra large egg yolks at room temperature
- 24 ladyfingers italian
- 16 ounces mascarpone cheese italian
- 0.8 cup orange juice divided freshly squeezed (2 oranges)
- 0.8 cup raisins
- 1 cup mount gay rum dark divided
- 8 servings bittersweet chocolate shaved
- 0.5 cup sugar
- 1 seeds scraped from vanilla bean

1.5 teaspoons vanilla extract good

## Equipment

- bowl
- blender
- plastic wrap
- hand mixer
- microwave

## Directions

- Watch how to make this recipe.
- Place the raisins and 2 tablespoons of rum in a bowl, cover with plastic wrap, and place in the microwave on high for 1 minute. Uncover and set aside to cool.
- Beat the egg yolks and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed for 5 minutes, until very thick and light yellow. Lower the speed to low and mix in the mascarpone until smooth. With the mixer still on low, add 1/2 cup of rum, 1/4 cup of orange juice, the vanilla extract, and the seeds from the vanilla bean. Stir until combined.
- Pour the remaining 1/2 cup of rum and remaining 1/2 cup of orange juice in a shallow bowl. Dip one side of each ladyfinger quickly in the rum mixture and place them in one layer in a 9 by 11 by 2-inch rectangular or oval dish. Break the ladyfingers in smaller pieces and dip them in the rum mixture to fill the spaces.
- Sprinkle half the rum-soaked raisins evenly on top.
- Pour half the mascarpone mixture over and spread evenly. Repeat the layers of dipped ladyfingers, rum-soaked raisins, and mascarpone mixture. Smooth the top, cover with plastic wrap, and refrigerate for at least 6 hours, but preferably overnight.
- Before serving, sprinkle the top with the shaved chocolate and serve cold.

## Nutrition Facts

**PROTEIN 7.74%** **FAT 56.02%** **CARBS 36.24%**

## Properties

Glycemic Index:24.49, Glycemic Load:15.69, Inflammation Score:-6, Nutrition Score:8.3934782043747%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 596.61kcal (29.83%), Fat: 32.73g (50.36%), Saturated Fat: 18.56g (116.02%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 46.25g (16.82%), Sugar: 14.97g (16.63%), Cholesterol: 275.49mg (91.83%), Sodium: 90.81mg (3.95%), Alcohol: 10.28g (100%), Alcohol %: 7.04% (100%), Protein: 10.18g (20.36%), Vitamin A: 1218.94IU (24.38%), Vitamin C: 12.36mg (14.98%), Vitamin B2: 0.25mg (14.65%), Folate: 52.5µg (13.13%), Phosphorus: 127.73mg (12.77%), Calcium: 119.49mg (11.95%), Iron: 2.03mg (11.28%), Selenium: 7.82µg (11.18%), Vitamin B1: 0.16mg (10.39%), Vitamin B12: 0.51µg (8.54%), Vitamin B5: 0.83mg (8.25%), Manganese: 0.15mg (7.35%), Potassium: 218.28mg (6.24%), Vitamin B6: 0.12mg (6.16%), Copper: 0.11mg (5.66%), Fiber: 1.38g (5.52%), Zinc: 0.76mg (5.09%), Vitamin D: 0.73µg (4.86%), Vitamin B3: 0.96mg (4.79%), Magnesium: 13.12mg (3.28%), Vitamin E: 0.36mg (2.42%)