



## Shortcut Tiramisu

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

DESSERT

### Ingredients

- 8 ounce cream cheese fat-free softened
- 2 cups milk 1% low-fat divided
- 5 ounces round cake fat-free divided cubed
- 0.8 ounce mocha-flavored cappuccino mix
- 0.8 ounce vanilla-flavored cappuccino mix
- 3.3 ounce vanilla pudding mix fat-free instant
- 2 cups non-dairy whipped topping fat-free frozen thawed

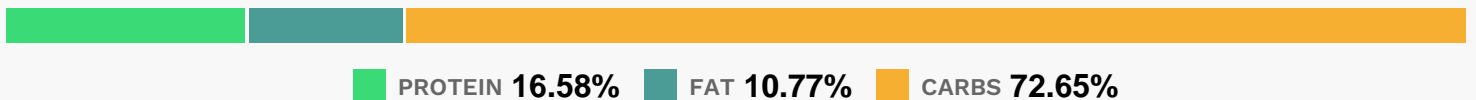
### Equipment

- blender
- baking pan
- microwave

## Directions

- Place half of cake cubes in bottom of an 8-inch square baking dish. Set aside.
- Combine mocha-flavored cappuccino mix and 1/2 cup milk in a small microwave-safe dish. Microwave at HIGH 35 seconds, stirring until mix dissolves. Set aside.
- Beat cream cheese with a mixer at medium speed until smooth.
- Add 1 cup milk; beat until smooth.
- Add pudding mix; beat until blended.
- Combine vanilla-flavored cappuccino mix and remaining 1/2 cup milk in a small microwave-safe dish. Microwave at HIGH 35 seconds, stirring until mix dissolves.
- Add vanilla cappuccino mixture to cream cheese mixture. Fold in whipped topping.
- Pour half of mocha cappuccino mixture over cake; top with half of cream cheese mixture.
- Place remaining cake cubes on top of cream cheese mixture, and drizzle with remaining mocha cappuccino mixture. Top with remaining cream cheese mixture.
- Sprinkle with grated chocolate, if desired. Cover and chill, or serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.7573913854101%

## Nutrients (% of daily need)

Calories: 266.84kcal (13.34%), Fat: 3.21g (4.94%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 48.37g (17.59%), Sugar: 35.9g (39.89%), Cholesterol: 36.57mg (12.19%), Sodium: 603.82mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Phosphorus: 346.28mg (34.63%), Calcium: 284.3mg (28.43%), Vitamin B2: 0.44mg (25.89%), Vitamin B12: 1.27µg (21.09%), Vitamin B1: 0.16mg (10.83%), Selenium: 7.12µg (10.17%), Folate: 32.85µg (8.21%), Potassium: 286.23mg (8.18%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 0.91µg (6.08%), Magnesium: 22.84mg (5.71%), Vitamin B6: 0.11mg (5.51%),

Vitamin A: 254.35IU (5.09%), Iron: 0.81mg (4.51%), Vitamin B3: 0.81mg (4.06%), Manganese: 0.07mg (3.38%),  
Copper: 0.04mg (2.23%), Fiber: 0.35g (1.41%)