



Sweet Tea Tiramisù

READY IN



810 min.

SERVINGS



12

CALORIES



458 kcal

BEVERAGE

DRINK

Ingredients

- 6 oz ladyfingers
- 16 oz mascarpone cheese
- 1.5 cups sugar divided
- 2 family-size tea bags
- 1 tsp cocoa unsweetened
- 1 tablespoon vanilla extract
- 2 cups whipping cream

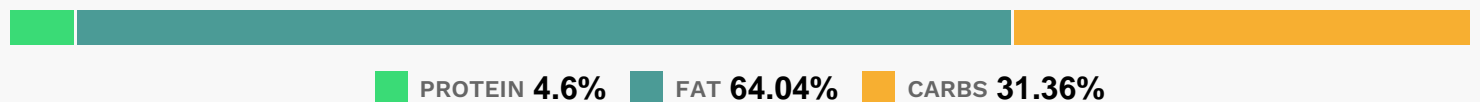
Equipment

- sauce pan
- baking pan
- hand mixer

Directions

- Bring 4 cups water to a boil in a 3-qt. heavy saucepan; add tea bags.
- Remove from heat; cover and steep 10 minutes.
- Discard tea bags.
- Add 1 cup sugar, stirring until dissolved. Bring tea mixture to a boil over medium-high heat, and cook, stirring occasionally, 20 to 22 minutes or until mixture is reduced to 1 cup.
- Remove mixture from heat, and let cool to room temperature (about 30 minutes).
- Stir together mascarpone cheese, vanilla bean paste, and remaining 1/2 cup sugar.
- Beat whipping cream at medium speed with an electric mixer until soft peaks form; fold into cheese mixture.
- Separate ladyfingers in half. Arrange 24 ladyfinger halves, flat sides up, in the bottom of an 11- x 7-inch baking dish.
- Drizzle with half of tea mixture. Top with half of cheese mixture. Repeat layers once. Cover and chill 12 hours. Sift cocoa over top just before serving.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:3.5673912750638%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 458.14kcal (22.91%), Fat: 32.71g (50.32%), Saturated Fat: 20.21g (126.29%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 35.87g (13.04%), Sugar: 26.86g (29.84%), Cholesterol: 113.95mg (37.98%), Sodium:

52.6mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin A: 1191.1IU (23.82%), Calcium: 86.12mg (8.61%), Vitamin B2: 0.14mg (8.25%), Phosphorus: 48.14mg (4.81%), Vitamin D: 0.63µg (4.23%), Vitamin B1: 0.05mg (3.22%), Iron: 0.57mg (3.17%), Folate: 12.53µg (3.13%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.26mg (2.6%), Vitamin E: 0.37mg (2.43%), Manganese: 0.04mg (1.93%), Selenium: 1.35µg (1.93%), Zinc: 0.26mg (1.77%), Vitamin B3: 0.33mg (1.63%), Potassium: 55.47mg (1.58%), Vitamin B6: 0.03mg (1.56%), Magnesium: 4.89mg (1.22%), Vitamin K: 1.27µg (1.21%), Copper: 0.02mg (1.14%)