



## Tiramisu

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

## Ingredients

- 0.5 ounce bittersweet chocolate grated
- 0.3 cup brown sugar packed
- 8 ounce block cream cheese fat-free softened
- 0.3 cup granulated sugar
- 2 tablespoons granulated sugar
- 2 tablespoons espresso granules instant
- 2 tablespoons kahlua
- 2 tablespoons kahlua (coffee-flavored liqueur)
- 24 cakelike ladyfingers (2 [3-ounce] packages)

- 3.5 ounce carton mascarpone cheese
- 1.5 teaspoons cocoa unsweetened
- 0.5 cup water

## Equipment

- bowl
- sauce pan
- blender
- plastic wrap
- baking pan
- toothpicks

## Directions

- To prepare espresso drizzle, combine first 3 ingredients in a small saucepan over medium-high heat; bring to a boil. Cook 1 minute, stirring occasionally.
- Remove from heat; stir in 2 tablespoons liqueur. Cool completely.
- To prepare filling, combine cheeses in a large bowl, and beat with a mixer at medium speed until smooth.
- Add 1/3 cup granulated sugar, brown sugar, and 2 tablespoons liqueur; beat at medium speed until well blended.
- Split ladyfingers in half lengthwise. Arrange 24 ladyfinger halves, cut sides up, in the bottom of an 8-inch square baking dish.
- Drizzle half of espresso drizzle over ladyfinger halves.
- Spread half of filling over ladyfinger halves, and repeat procedure with remaining ladyfinger halves, espresso drizzle, and filling.
- Combine 1 1/2 teaspoons cocoa and chocolate; sprinkle evenly over top of filling. Cover and chill for 2 hours.
- Place toothpicks in the center and in each corner of the dish to prevent the plastic wrap from sticking to the tiramisu as it chills.

## Nutrition Facts



■ PROTEIN 11.94% ■ FAT 28.36% ■ CARBS 59.7%

## Properties

Glycemic Index:17.52, Glycemic Load:7.91, Inflammation Score:-3, Nutrition Score:5.9034783036812%

## Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 316.61kcal (15.83%), Fat: 9.64g (14.83%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 45.1g (16.4%), Sugar: 23.7g (26.33%), Cholesterol: 88.84mg (29.61%), Sodium: 258.4mg (11.23%), Alcohol: 1.63g (100%), Alcohol %: 1.76% (100%), Caffeine: 41.21mg (13.74%), Protein: 9.13g (18.26%), Phosphorus: 215.4mg (21.54%), Calcium: 141.75mg (14.17%), Vitamin B2: 0.22mg (12.99%), Folate: 35.46µg (8.87%), Vitamin B12: 0.52µg (8.67%), Iron: 1.48mg (8.24%), Vitamin A: 373.03IU (7.46%), Vitamin B1: 0.11mg (7.06%), Manganese: 0.14mg (7.05%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.87mg (5.8%), Vitamin B3: 1.14mg (5.69%), Potassium: 182.62mg (5.22%), Magnesium: 19.11mg (4.78%), Copper: 0.08mg (3.95%), Vitamin B6: 0.06mg (2.92%), Selenium: 1.87µg (2.68%), Fiber: 0.54g (2.16%)