



## Tiramisu

READY IN



145 min.

SERVINGS



12

CALORIES



656 kcal

DESSERT

## Ingredients

- 1 cup milk chocolate shavings
- 3 egg whites
- 2.5 cups espresso grounds cooled
- 1.5 tablespoons powdered gelatin
- 1 cup heavy cream
- 20 ladyfingers
- 750 gram container mascarpone
- 0.3 cup sugar for whites
- 1 cup sugar for yolks

- 4.5 tablespoons water
- 7 yolks
- 0.5 cup kalhua
- 0.5 cup kalhua

## Equipment

- bowl
- frying pan
- sauce pan
- blender
- double boiler
- spatula

## Directions

- Watch how to make this recipe.
- In a mixer with the whip attachment, whip yolks and sugar until thick and pale in color (ribbon stage).
- Add mascarpone and whip until well incorporated.
- Pour water into a small bowl then pour powdered gelatin over it. Do not stir. Allow gelatin to absorb all of the water (about 15 minutes) then place the bowl on top of a small saucepan containing simmering water (creating a double boiler). Immediately turn off the heat and allow the gelatin to dissolve completely. In a separate bowl, whip egg whites to a soft peak, gradually add sugar, then slowly pour in dissolved gelatin. Whip to a stiff, glossy peak. Fold whites into mascarpone and yolk mixture then fold in whipped cream.
- In a separate bowl, combine espresso and kalhua. Soak 1 ladyfinger at a time in the espresso mixture. In an 8 by 10-inch pan, arrange soaked ladyfingers close together in neat rows until the bottom of the pan is completely covered.
- Pour 1/2 of the mousse over the ladyfingers and smooth with a rubber spatula.
- Sprinkle 1/2 of the chocolate shavings over mousse. Create another layer and chill until set.

## Nutrition Facts



■ PROTEIN 8.98% ■ FAT 73.04% ■ CARBS 17.98%

## Properties

Glycemic Index:5.84, Glycemic Load:2.91, Inflammation Score:-7, Nutrition Score:13.779999992122%

## Nutrients (% of daily need)

Calories: 656.07kcal (32.8%), Fat: 52.77g (81.19%), Saturated Fat: 30.03g (187.66%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 27.46g (9.99%), Sugar: 12.2g (13.56%), Cholesterol: 458.71mg (152.9%), Sodium: 104.78mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 121.19mg (40.4%), Protein: 14.6g (29.21%), Vitamin A: 1721.76IU (34.44%), Selenium: 21.34µg (30.49%), Vitamin B2: 0.41mg (24.15%), Phosphorus: 219.31mg (21.93%), Magnesium: 80.23mg (20.06%), Manganese: 0.35mg (17.44%), Copper: 0.34mg (16.79%), Calcium: 163.3mg (16.33%), Iron: 2.84mg (15.8%), Vitamin B3: 3.14mg (15.71%), Folate: 60.86µg (15.21%), Vitamin B12: 0.81µg (13.52%), Vitamin D: 1.98µg (13.19%), Vitamin B5: 1.26mg (12.63%), Zinc: 1.52mg (10.1%), Vitamin B1: 0.12mg (7.83%), Vitamin E: 1.1mg (7.31%), Potassium: 253.85mg (7.25%), Vitamin B6: 0.15mg (7.25%), Fiber: 1.76g (7.04%), Vitamin K: 2.32µg (2.21%)