



Tiramisu

READY IN



80 min.

SERVINGS



4

CALORIES



730 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cocoa powder
- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 cup heavy cream
- ☐ 7 ounce ladyfingers
- ☐ 1 cup strong coffee decoction black
- ☐ 0.8 cup sugar divided
- ☐ 1 teaspoon vanilla extract

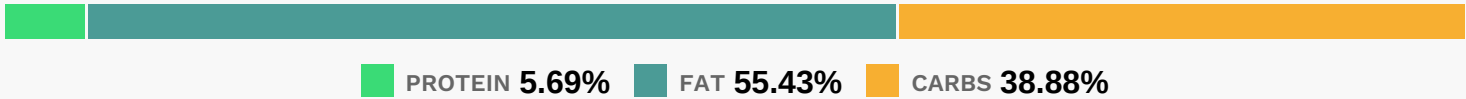
Equipment

- ☐ bowl
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Have 4 (8-ounce) wine glasses ready.
- ☐ In a chilled bowl combine 3/4 cup of heavy cream and 1/4 cup sugar. Whip with a hand mixer until soft peaks form. Cover and refrigerate until ready to use.
- ☐ In a large bowl combine the cream cheese, 1/4 cup heavy cream, vanilla and the remaining 1/2 cup of sugar. Whip with a hand mixer until light until fluffy.
- ☐ Reserve 4 ladyfingers for garnish. Using 1 lady finger at a time, snap or cut in half, then dip it quickly into the coffee, and drop it into the bottom of a wine glass. Repeat with the other 3 glasses. Put a heaping tablespoon of the cream cheese mixture on top of the ladyfingers in each glass. Do another layer of ladyfingers dipped in coffee, another of the cream cheese mixture, then 1 more layer of ladyfingers. Top with remaining filling and dollop with the whipped cream. Break the reserved 4 ladyfingers in half and insert 2 halves into the top of each glass.
- ☐ Put the cocoa powder into a small sieve and tap it gently over each glass to dust the tops. Refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:27.02, Inflammation Score:-7, Nutrition Score:9.7730435573536%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 730.25kcal (36.51%), Fat: 45.67g (70.25%), Saturated Fat: 26.88g (168.03%), Carbohydrates: 72.06g (24.02%), Net Carbohydrates: 71.47g (25.99%), Sugar: 41.43g (46.03%), Cholesterol: 234.14mg (78.05%), Sodium:

268.73mg (11.68%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Caffeine: 24.27mg (8.09%), Protein: 10.56g (21.11%), Vitamin A: 1911.96IU (38.24%), Vitamin B2: 0.51mg (29.9%), Phosphorus: 184.68mg (18.47%), Calcium: 119.58mg (11.96%), Vitamin B5: 1.18mg (11.8%), Folate: 46.95µg (11.74%), Vitamin B1: 0.17mg (11.63%), Iron: 1.96mg (10.88%), Selenium: 6.92µg (9.89%), Vitamin B12: 0.59µg (9.87%), Manganese: 0.15mg (7.65%), Vitamin E: 1.04mg (6.94%), Zinc: 1.03mg (6.84%), Potassium: 222.49mg (6.36%), Vitamin D: 0.95µg (6.35%), Vitamin B3: 1.26mg (6.28%), Vitamin B6: 0.11mg (5.71%), Magnesium: 18.37mg (4.59%), Copper: 0.08mg (3.89%), Vitamin K: 3.16µg (3.01%), Fiber: 0.59g (2.35%)