



Tiramisu

READY IN



30 min.

SERVINGS



6

CALORIES



840 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate
- ☐ 2 ounces brandy italian
- ☐ 2 egg whites
- ☐ 4 egg yolks
- ☐ 4 ounces strong espresso dissolved in 1/2 cup water instant
- ☐ 2 cups mascarpone cheese
- ☐ 3 ounces chocolate grated shaved
- ☐ 30 small savoiardi
- ☐ 2 tablespoons sugar

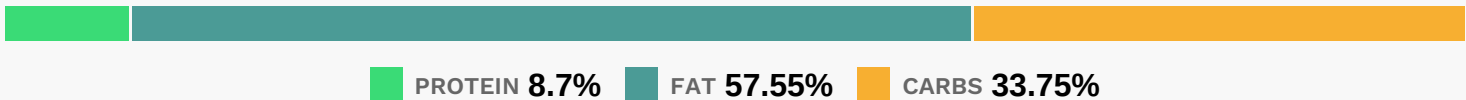
Equipment

- ☐ whisk
- ☐ pot
- ☐ double boiler
- ☐ pastry brush

Directions

- ☐ Mix the coffee and brandy together and set aside.
- ☐ Over a double boiler, beat egg yolks and sugar until mixture lightens in color and forms ribbons when the whisk is lifted from the pot. Allow to cool 5 minutes.
- ☐ Beat the egg whites to stiff peaks. Fold the mascarpone into the egg yolk mixture 1/4 at a time. Fold mascarpone-yolk mixture into the egg whites and set aside.
- ☐ Lay the savoiardi along the insides of the wine goblets all the way to the bottom, lining the entire glass, keeping 6 savoiardi for later use. Using a pastry brush, paint the cookies with the espresso and brandy mixture. Fill each goblet one-third full with the mascarpone mixture and sprinkle with the broken chocolate.
- ☐ Lay 1 remaining cookie across the center of each goblet and paint with the coffee mixture. Fill each goblet with the remaining mascarpone mixture, topping each with the shaved chocolate.
- ☐ Serve at room temperature.
- ☐ *RAW EGG WARNING
- ☐ Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:6.11, Inflammation Score:-8, Nutrition Score:15.97000013227%

Nutrients (% of daily need)

Calories: 839.97kcal (42%), Fat: 52.34g (80.52%), Saturated Fat: 30.06g (187.9%), Carbohydrates: 69.07g (23.02%), Net Carbohydrates: 66.6g (24.22%), Sugar: 16.63g (18.48%), Cholesterol: 327mg (109%), Sodium: 155.27mg (6.75%), Alcohol: 3.16g (100%), Alcohol %: 1.88% (100%), Caffeine: 615mg (205%), Protein: 17.8g (35.61%), Manganese: 0.72mg (36.15%), Vitamin B3: 6.72mg (33.58%), Vitamin A: 1535.93IU (30.72%), Magnesium: 111.07mg (27.77%), Phosphorus: 258.79mg (25.88%), Potassium: 882.33mg (25.21%), Iron: 4.43mg (24.62%), Vitamin B2: 0.4mg (23.46%), Calcium: 185.91mg (18.59%), Selenium: 12.71µg (18.16%), Copper: 0.35mg (17.53%), Folate: 60.7µg (15.17%), Vitamin B1: 0.19mg (12.48%), Vitamin B12: 0.68µg (11.35%), Vitamin B5: 1.06mg (10.63%), Zinc: 1.56mg (10.43%), Fiber: 2.46g (9.85%), Vitamin B6: 0.13mg (6.3%), Vitamin D: 0.65µg (4.32%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.36µg (2.24%)