



Tiramisu

 Vegetarian

READY IN



41 min.

SERVINGS



4

CALORIES



1254 kcal

DESSERT

Ingredients

- ☐ 50 grams butter melted
- ☐ 30 grams cocoa powder
- ☐ 4 shots espresso coffee
- ☐ 1 bar chocolate dark for shavings
- ☐ 2 egg yolks
- ☐ 4 eggs
- ☐ 500 grams ounce mascarpone
- ☐ 85 grams flour plain

- ☐ 70 grams caster sugar
- ☐ 110 grams caster sugar
- ☐ 4 servings tia maria liqueur
- ☐ 110 grams chocolate white melted
- ☐ 100 milliliters vin santo
- ☐ 100 milliliters vin santo

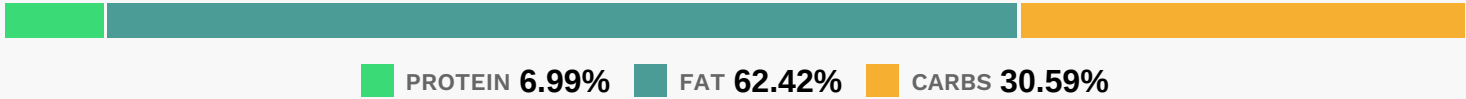
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ First make the sponge. Preheat the oven to 350 degrees F (180 degrees C /gas 4).
- ☐ Whisk the sugar and eggs until they are at ribbon stage. Fold in the melted butter, then fold in the sifted flour and cocoa.
- ☐ Pour the mixture into a lined Swiss roll tin and bake in the preheated oven for 10 minutes.
- ☐ Remove the sponge from the oven when it is done and leave to cool.
- ☐ To make the filling, put the mascarpone, sugar, egg yolks, and Vin Santo into a bowl and mix until smooth.
- ☐ To assemble the tiramisu, break up the sponge and press it into the bottom of a shallow dish.
- ☐ Drizzle over the coffee, Tia Maria, and white chocolate. Spoon over the mascarpone filling, then dust liberally with cocoa. Using a large knife, scrape the chocolate towards you to make shavings and arrange these delicately over the top.
- ☐ *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:89.55, Glycemic Load:55.07, Inflammation Score:-9, Nutrition Score:17.814347927337%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 14.75mg, Epicatechin: 14.75mg, Epicatechin: 14.75mg, Epicatechin: 14.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 1253.7kcal (62.69%), Fat: 86.2g (132.62%), Saturated Fat: 51.37g (321.03%), Carbohydrates: 95.04g (31.68%), Net Carbohydrates: 90.87g (33.04%), Sugar: 70.24g (78.05%), Cholesterol: 418.74mg (139.58%), Sodium: 246.61mg (10.72%), Alcohol: 3.26g (100%), Alcohol %: 1.15% (100%), Caffeine: 40.59mg (13.53%), Protein: 21.72g (43.45%), Vitamin A: 2440.73IU (48.81%), Selenium: 28.93µg (41.33%), Manganese: 0.6mg (30.03%), Vitamin B2: 0.5mg (29.48%), Calcium: 288.21mg (28.82%), Phosphorus: 274.51mg (27.45%), Copper: 0.5mg (24.88%), Iron: 3.97mg (22.07%), Folate: 78.29µg (19.57%), Magnesium: 68.67mg (17.17%), Fiber: 4.17g (16.67%), Vitamin B1: 0.23mg (15.51%), Vitamin B5: 1.38mg (13.79%), Vitamin B12: 0.76µg (12.7%), Zinc: 1.89mg (12.63%), Potassium: 361.6mg (10.33%), Vitamin B3: 1.82mg (9.11%), Vitamin D: 1.37µg (9.11%), Vitamin E: 1.31mg (8.76%), Vitamin B6: 0.14mg (7.17%), Vitamin K: 4.38µg (4.17%)