



Tiramisu

READY IN



270 min.

SERVINGS



9

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons cocoa powder
- ☐ 8 ounces cream cheese softened
- ☐ 3 ounces ladyfingers (12 ladyfingers)
- ☐ 2 tablespoons rum extract light
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup strong coffee decoction cold prepared
- ☐ 1 cup whipping cream (heavy)

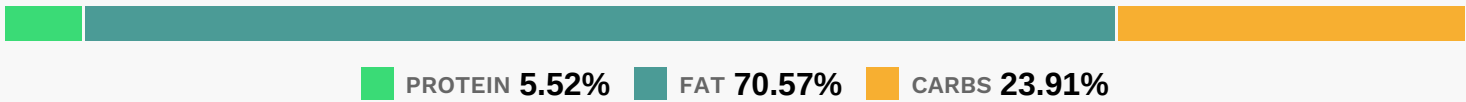
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and powdered sugar in large bowl with electric mixer on medium speed until smooth. Beat in rum on low speed; set aside.
- ☐ Beat whipping cream in chilled small bowl on high speed until stiff peaks form. Fold into cream cheese mixture.
- ☐ Split ladyfingers horizontally in half. Arrange half of the ladyfingers, cut sides up, on bottom of ungreased square pan, 8x8x2 inches, or round pan, 9x1 1/2 inches.
- ☐ Drizzle 1/4 cup of the espresso over ladyfingers.
- ☐ Spread half of the cream cheese mixture over ladyfingers.
- ☐ Arrange remaining ladyfingers, cut sides up, on cream cheese mixture.
- ☐ Drizzle with remaining 1/4 cup espresso.
- ☐ Spread with remaining cream cheese mixture.
- ☐ Sift or sprinkle cocoa over top. Cover and refrigerate about 4 hours or until filling is firm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:3.2447826033053%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 239.17kcal (11.96%), Fat: 19.11g (29.4%), Saturated Fat: 11.52g (72%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 14.39g (5.23%), Sugar: 8.24g (9.16%), Cholesterol: 76.22mg (25.41%), Sodium: 100.6mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.78mg (1.93%), Protein: 3.36g (6.72%), Vitamin A: 779.7IU (15.59%), Vitamin B2: 0.16mg (9.41%), Phosphorus: 60.68mg (6.07%), Calcium: 46.95mg (4.7%), Selenium: 3.03µg (4.33%), Vitamin B5: 0.35mg (3.51%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.42µg (2.82%), Vitamin B12: 0.17µg (2.81%), Folate: 10.94µg (2.73%), Vitamin B1: 0.04mg (2.66%), Iron: 0.43mg (2.38%), Potassium: 79.03mg (2.26%), Zinc: 0.32mg (2.1%), Manganese: 0.04mg (1.88%), Vitamin B6: 0.04mg (1.76%), Magnesium: 6.76mg (1.69%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.39µg (1.33%), Copper: 0.03mg (1.28%)