



## Tiramisu

READY IN



420 min.

SERVINGS



10

CALORIES



573 kcal

DESSERT

## Ingredients

- ☐ 4 large egg yolk
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 3 tablespoons espresso powder
- ☐ 0.3 cup plum brandy dry
- ☐ 2.5 cups mascarpone cheese
- ☐ 36 ladyfingers italian crisp ( ladyfingers; from two 7-ounce packages)
- ☐ 0.5 cup sugar divided
- ☐ 3 tablespoons rum / brandy / coffee liqueur (coffee liqueur)
- ☐ 2 cups water

# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

# Directions

- ☐ Stir together water, espresso powder, 1 tablespoon sugar, and Tia Maria in a shallow bowl until sugar has dissolved, then cool.
- ☐ Beat egg yolks, Marsala, and remaining 1/2 cup sugar in a metal bowl set over a saucepan of barely simmering water using a whisk or handheld electric mixer until tripled in volume, 5 to 8 minutes.
- ☐ Remove bowl from heat. Beat in mascarpone until just combined.
- ☐ Beat cream in a large bowl until it holds stiff peaks.
- ☐ Fold mascarpone mixture into whipped cream gently but thoroughly.
- ☐ Dipping both sides of each ladyfinger into coffee mixture, line bottom of a 13- by 9- by 3- inch baking pan with 18 ladyfingers in 3 rows, trimming edges to fit if necessary.
- ☐ Spread half of mascarpone filling on top. Dip remaining 18 ladyfingers in coffee and arrange over filling in pan.
- ☐ Spread remaining mascarpone filling on top and dust with cocoa. Chill, covered, at least 6 hours.
- ☐ Let tiramisu stand at room temperature 30 minutes before serving, then dust with more cocoa.
- ☐ •You can substitute 2 cups freshly brewed espresso for the water and instant-espresso powder. •Tiramisu can be chilled up to 2 days.

# Nutrition Facts



 **PROTEIN 7.28%**  **FAT 63.88%**  **CARBS 28.84%**

Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-7, Nutrition Score:6.976086932032%

Flavonoids

Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 572.51kcal (28.63%), Fat: 39.36g (60.56%), Saturated Fat: 23.26g (145.36%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 39.58g (14.39%), Sugar: 13.44g (14.93%), Cholesterol: 244.1mg (81.37%), Sodium: 102.94mg (4.48%), Alcohol: 2.2g (100%), Alcohol %: 1.41% (100%), Caffeine: 47.1mg (15.7%), Protein: 10.1g (20.19%), Vitamin A: 1455.59IU (29.11%), Vitamin B2: 0.25mg (14.98%), Calcium: 126.12mg (12.61%), Phosphorus: 114.1mg (11.41%), Folate: 41.37µg (10.34%), Iron: 1.72mg (9.54%), Vitamin B1: 0.13mg (8.72%), Vitamin B12: 0.47µg (7.79%), Vitamin B5: 0.71mg (7.1%), Selenium: 4.81µg (6.87%), Manganese: 0.13mg (6.73%), Vitamin B3: 1.29mg (6.45%), Vitamin D: 0.75µg (4.99%), Zinc: 0.68mg (4.54%), Vitamin B6: 0.08mg (4.04%), Potassium: 135.43mg (3.87%), Magnesium: 12.86mg (3.21%), Copper: 0.06mg (2.97%), Vitamin E: 0.39mg (2.63%), Fiber: 0.4g (1.58%)