



Tiramisu Affogato

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

DESSERT

Ingredients

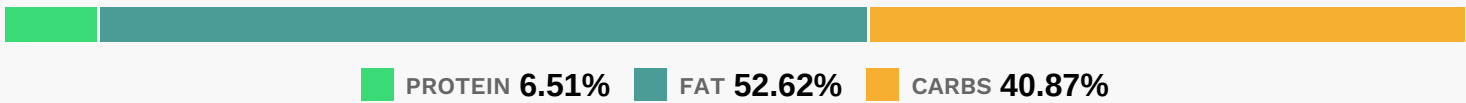
- ☐ 1 small piece bittersweet chocolate
- ☐ 10 ounces espresso grounds brewed
- ☐ 0.8 cup cup heavy whipping cream chilled
- ☐ 1 pint whipped cream
- ☐ 3 tablespoons espresso powder
- ☐ 9 ladyfingers italian crumbled crisp (ladyfingers)
- ☐ 1 tablespoon sugar
- ☐ 1 pint whipped cream

Equipment

Directions

- ☐ Beat cream with sugar until it just holds stiff peaks.
- ☐ Divide vanilla and coffee ice creams among glasses, then top with ladyfingers.
- ☐ Pour hot espresso on top and dollop with whipped cream. Grate chocolate on top.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:23.43, Inflammation Score:-7, Nutrition Score:11.471304458121%

Nutrients (% of daily need)

Calories: 535.66kcal (26.78%), Fat: 31.48g (48.44%), Saturated Fat: 19.2g (120.01%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 53.39g (19.41%), Sugar: 38.02g (42.24%), Cholesterol: 139.76mg (46.59%), Sodium: 166.49mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 182.68mg (60.89%), Protein: 8.76g (17.52%), Vitamin B2: 0.59mg (34.9%), Vitamin A: 1195.42IU (23.91%), Calcium: 236.66mg (23.67%), Phosphorus: 234.43mg (23.44%), Magnesium: 80.33mg (20.08%), Vitamin B3: 3.76mg (18.77%), Potassium: 530.12mg (15.15%), Vitamin B12: 0.79µg (13.25%), Vitamin B5: 1.21mg (12.06%), Zinc: 1.5mg (10.03%), Manganese: 0.18mg (9.04%), Vitamin B1: 0.12mg (7.98%), Copper: 0.14mg (7.04%), Iron: 1.23mg (6.83%), Fiber: 1.64g (6.57%), Selenium: 4.45µg (6.36%), Folate: 22.25µg (5.56%), Vitamin B6: 0.11mg (5.48%), Vitamin D: 0.79µg (5.28%), Vitamin E: 0.78mg (5.19%), Vitamin K: 1.86µg (1.77%), Vitamin C: 1.22mg (1.48%)