



Tiramisu Angel Torte

READY IN



45 min.

SERVINGS



10

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 10 inch angel food cake
- ☐ 1 ounce bittersweet chocolate grated
- ☐ 2 tablespoons coffee instant
- ☐ 2 tablespoons rum / brandy / coffee liqueur (coffee-flavored liqueur)
- ☐ 4 ounce mascarpone cheese
- ☐ 2 tablespoons skim milk
- ☐ 1 cup sugar divided
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup water
- ☐ 24 ounce yogurt plain fat-free

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ colander
- ☐ serrated knife
- ☐ cheesecloth

Directions

- ☐ Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.
- ☐ Combine 1/2 cup sugar, water, and espresso granules in a small saucepan, and bring to a boil. Cook 1 minute over medium heat, stirring occasionally.
- ☐ Remove from heat, and stir in Kahla. Cool completely.
- ☐ Combine yogurt cheese, 1/2 cup sugar, milk, vanilla, and mascarpone cheese; beat at medium speed of a mixer until smooth. Set aside.
- ☐ Combine cocoa and chocolate in a bowl.
- ☐ Cut angel food cake into 12 slices using a serrated knife. Dip cake slices into espresso mixture; place 4 slices crosswise in a 9 x 5-inch loaf pan. Gently spread one-third of cheese mixture over cake layer, and sprinkle with one-third of cocoa mixture. Repeat procedure with the remaining cake slices, cheese mixture, and cocoa mixture. Chill torte at least 2 hours.

Nutrition Facts



 **PROTEIN 10.59%**  **FAT 28.61%**  **CARBS 60.8%**

Properties

Glycemic Index:10.33, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:4.537391267069%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 206.77kcal (10.34%), Fat: 6.54g (10.06%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 30.66g (11.15%), Sugar: 28.6g (31.78%), Cholesterol: 12.96mg (4.32%), Sodium: 74.75mg (3.25%), Alcohol: 0.72g (100%), Alcohol %: 0.73% (100%), Caffeine: 36.14mg (12.05%), Protein: 5.44g (10.89%), Calcium: 162.39mg (16.24%), Phosphorus: 133.68mg (13.37%), Vitamin B2: 0.18mg (10.37%), Vitamin B12: 0.44µg (7.31%), Potassium: 249.31mg (7.12%), Magnesium: 26.88mg (6.72%), Zinc: 0.83mg (5.51%), Selenium: 3.53µg (5.04%), Manganese: 0.1mg (4.97%), Vitamin B5: 0.46mg (4.62%), Copper: 0.09mg (4.5%), Vitamin A: 171.06IU (3.42%), Vitamin B1: 0.04mg (2.53%), Iron: 0.44mg (2.44%), Fiber: 0.6g (2.41%), Folate: 8.87µg (2.22%), Vitamin B3: 0.42mg (2.1%), Vitamin B6: 0.04mg (2.02%)