



Tiramisu Cake

READY IN



140 min.

SERVINGS



6

CALORIES



3663 kcal

DESSERT

Ingredients

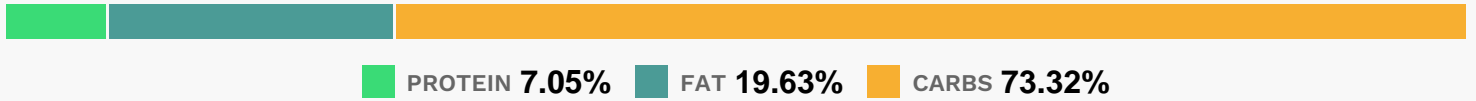
- 0.4 cup brandy
- 1.5 cups confectioners' sugar
- 1.5 pounds mascarpone cheese room temperature
- 9 inch sponge cake mix
- 0.4 cup strong coffee decoction room temperature brewed

Equipment

Directions

- Cut the cake in half lengthwise to make two layers.
- Combine the coffee and brandy.
- Sprinkle enough of the coffee mixture over the bottom cake layer to moisten it well, but not soak it.
- Beat together the mascarpone and the confectioners' sugar until fluffy.
- Spread half the cheese mixture over the bottom cake layer. Top with remaining cake layer and spread remaining cheese on top. Dust liberally with sifted cocoa. Refrigerate 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:54.302608790605%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
 0.01mg

Nutrients (% of daily need)

Calories: 3663.29kcal (183.16%), Fat: 78.98g (121.5%), Saturated Fat: 40.05g (250.33%), Carbohydrates: 663.56g (221.19%), Net Carbohydrates: 658.38g (239.41%), Sugar: 409.18g (454.65%), Cholesterol: 1169.1mg (389.7%), Sodium: 6511.47mg (283.11%), Alcohol: 5.01g (100%), Alcohol %: 0.53% (100%), Caffeine: 5.93mg (1.98%), Protein: 63.85g (127.69%), Vitamin B1: 2.52mg (167.87%), Vitamin B2: 2.8mg (164.81%), Iron: 28.18mg (156.54%), Phosphorus: 1418.99mg (141.9%), Selenium: 94.36µg (134.81%), Folate: 486.75µg (121.69%), Manganese: 2.18mg (109.04%), Vitamin B3: 20.01mg (100.03%), Calcium: 883.85mg (88.39%), Vitamin A: 3181.47IU (63.63%), Vitamin B5: 4.98mg (49.85%), Vitamin B12: 2.48µg (41.4%), Zinc: 5.29mg (35.27%), Copper: 0.65mg (32.36%), Potassium: 1032.81mg (29.51%), Magnesium: 114.29mg (28.57%), Vitamin B6: 0.54mg (26.92%), Fiber: 5.18g (20.7%), Vitamin E: 2.49mg (16.57%), Vitamin D: 2.07µg (13.8%), Vitamin K: 2.08µg (1.99%)