



Tiramisu Eggnog Trifle

READY IN



45 min.

SERVINGS



18

CALORIES



578 kcal

DESSERT

Ingredients

- ☐ 12.3 ounce ladyfingers crisp (60 ladyfinger cookies)
- ☐ 4 tablespoons brandy
- ☐ 18 servings mint-filled chocolate squares
- ☐ 0.3 cup rum dark
- ☐ 12 large egg yolk
- ☐ 0.5 teaspoon nutmeg
- ☐ 6.5 teaspoons espresso powder instant
- ☐ 7 tablespoons rum / brandy / coffee liqueur
- ☐ 32 ounce mascarpone cheese

- ☐ 1 cup semi chocolate chips finely
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups water
- ☐ 2 cups whipping cream chilled

Equipment

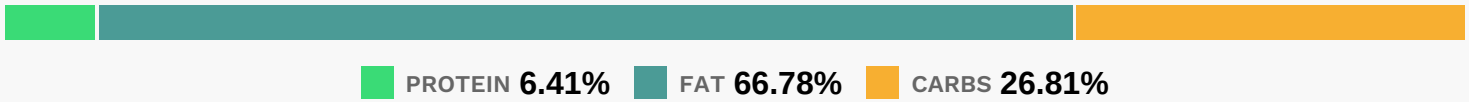
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Whisk 1 1/3 cups sugar, 1/4 cup water, 1/4 cup rum, 3 tablespoons brandy, yolks, and nutmeg in metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk constantly until mixture thickens and candy thermometer inserted into mixture registers 140°F for 3 minutes, about 5 minutes total.
- ☐ Remove bowl from over water.
- ☐ Whisk mascarpone, 1 container at a time, into warm custard until blended.
- ☐ Using electric mixer, beat whipping cream, vanilla, 1 tablespoon brandy, and 1 teaspoon rum in large bowl until cream holds peaks. Fold in mascarpone mixture.
- ☐ Bring 1 cup water to simmer in small saucepan.
- ☐ Remove from heat.
- ☐ Add 2 tablespoons sugar and espresso powder; stir to dissolve.
- ☐ Mix in liqueur. Submerge 1 biscuit in espresso mixture, turning to coat twice; shake excess liquid back into pan.

- ☐ Place dipped biscuit, sugared side facing out, around bottom side of 14-cup trifle dish, pressing against side of dish (biscuit may break). Repeat with enough biscuits to go around bottom sides of dish once. Dip more biscuits and arrange over bottom of dish to cover.
- ☐ Spoon 2 cups mascarpone mixture over biscuits; spread to cover.
- ☐ Sprinkle 1/4 cup ground chocolate over, making chocolate visible at sides of dish. Repeat with more biscuits dipped into espresso mixture, mascarpone mixture, and ground chocolate in 2 more layers each. Cover with 1 more layer of dipped biscuits and enough mascarpone mixture to reach top of trifle dish.
- ☐ Sprinkle remaining ground chocolate over, covering completely. Cover and chill overnight.
- ☐ Gently press stem end of largest chocolate leaves around edge of trifle. Fill center with smaller leaves. (Can be made 8 hours ahead; chill.)
- ☐ *Available at Italian markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:10.35, Inflammation Score:-6, Nutrition Score:7.4852174442747%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 577.8kcal (28.89%), Fat: 40.92g (62.95%), Saturated Fat: 24.18g (151.1%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 35.88g (13.05%), Sugar: 22.09g (24.55%), Cholesterol: 246.09mg (82.03%), Sodium: 71.77mg (3.12%), Alcohol: 3.65g (100%), Alcohol %: 2.83% (100%), Caffeine: 19.94mg (6.65%), Protein: 8.84g (17.67%), Vitamin A: 1412.99IU (28.26%), Calcium: 121.67mg (12.17%), Phosphorus: 121.29mg (12.13%), Vitamin B2: 0.2mg (11.99%), Selenium: 8.12µg (11.59%), Manganese: 0.21mg (10.39%), Iron: 1.74mg (9.67%), Folate: 33.7µg (8.43%), Copper: 0.16mg (8.23%), Vitamin B12: 0.43µg (7.11%), Vitamin D: 1.04µg (6.9%), Vitamin B5: 0.66mg (6.56%), Magnesium: 24.64mg (6.16%), Vitamin B1: 0.08mg (5.66%), Zinc: 0.83mg (5.53%), Fiber: 1.09g (4.34%), Vitamin E: 0.59mg (3.96%), Vitamin B6: 0.08mg (3.88%), Potassium: 135.82mg (3.88%), Vitamin B3: 0.63mg (3.17%), Vitamin K: 1.65µg (1.57%)