

Tiramisu I

READY IN



240 min.

SERVINGS



15

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons brandy
- ☐ 6 eggs separated
- ☐ 30 ladyfinger cookies
- ☐ 1 pound mascarpone cheese
- ☐ 1.5 cups strong coffee decoction room temperature brewed
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white

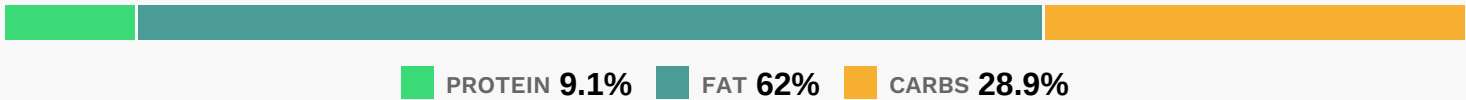
Equipment

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ In large mixing bowl, beat egg yolks and sugar with electric mixer until light yellow, 1 minute. Beat in mascarpone, brandy and vanilla until smooth. In a separate bowl, beat egg whites until stiff, but not dry. Fold egg whites into mascarpone mixture.
- ☐ Quickly dip ladyfingers, one at a time, in cooled coffee and arrange them in a 9x13 inch baking dish. Use 15 cookies to cover the bottom of the dish.
- ☐ Spread half the mascarpone mixture over the cookie crust and sprinkle the chocolate on top. Repeat the soaked cookie and cheese layers.
- ☐ Cover tightly with plastic wrap and refrigerate 4 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:6.4278260935908%

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: 343.95kcal (17.2%), Fat: 23.09g (35.52%), Saturated Fat: 13.11g (81.97%), Carbohydrates: 24.22g (8.07%),
Net Carbohydrates: 22.79g (8.29%), Sugar: 8.04g (8.94%), Cholesterol: 145.24mg (48.41%), Sodium: 76.02mg
(3.31%), Alcohol: 0.76g (100%), Alcohol %: 0.85% (100%), Caffeine: 22.48mg (7.49%), Protein: 7.62g (15.24%),
Manganese: 0.26mg (13.23%), Vitamin A: 648.27IU (12.97%), Vitamin B2: 0.2mg (11.81%), Iron: 2.06mg (11.42%),

Phosphorus: 113.03mg (11.3%), Copper: 0.22mg (11.18%), Selenium: 6.69µg (9.55%), Magnesium: 32.11mg (8.03%), Calcium: 72.43mg (7.24%), Folate: 25.69µg (6.42%), Vitamin B5: 0.62mg (6.21%), Zinc: 0.88mg (5.9%), Vitamin B12: 0.35µg (5.81%), Fiber: 1.43g (5.72%), Vitamin B1: 0.08mg (5.19%), Potassium: 146.97mg (4.2%), Vitamin B3: 0.65mg (3.25%), Vitamin B6: 0.06mg (3.11%), Vitamin D: 0.35µg (2.35%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.17µg (1.11%)