



Tiramisu Italiano

READY IN



167 min.

SERVINGS



8

CALORIES



631 kcal

DESSERT

Ingredients

- ☐ 1 cup espresso coffee brewed
- ☐ 1 ounce chocolate dark
- ☐ 7 egg yolks
- ☐ 1 cup heavy cream
- ☐ 48 ladyfingers
- ☐ 0.3 cup plum brandy sweet
- ☐ 8 ounces mascarpone cheese softened room temperature
- ☐ 0.3 cup rum
- ☐ 0.5 cup sugar

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon natural vanilla extract

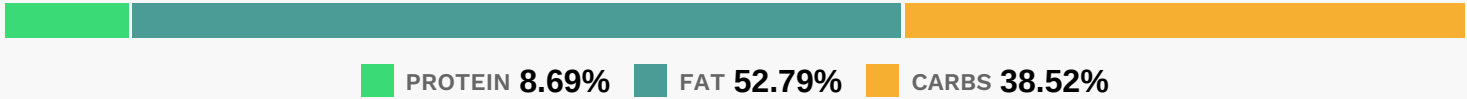
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Cream together egg yolks and sugar in a heatproof bowl set over a pot of simmering water.
- ☐ Add 1/3 cup of the marsala and continue to whisk until mixture is thick and doubled in volume. This is basically a zabaglione.
- ☐ Remove from heat. Stir in the mascarpone until completely blended.
- ☐ In a chilled bowl, whip the heavy cream to soft peaks. Fold the whipped cream into the mascarpone mixture, to lighten.
- ☐ In a small saucepan, combine espresso, chocolate, rum, vanilla, and remaining 2 tablespoons marsala.
- ☐ Heat gently, and stir to dissolve the chocolate. Then, chill the mixture to cool it down, about 15 minutes. Quickly dip each ladyfinger in the chilled coffee mixture and arrange in a single layer on a 9 by 13-inch glass baking pan. Do not soak the cookies or they will become too moist.
- ☐ Spread 1/2 the mascarpone cream evenly with a spatula on top of the dipped ladyfingers. Repeat with a second layer of dipped ladyfingers and remaining mascarpone cream.
- ☐ Sprinkle top with cocoa powder. Refrigerate for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.01, Inflammation Score:-7, Nutrition Score:12.252173852661%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 630.84kcal (31.54%), Fat: 35.6g (54.77%), Saturated Fat: 19.66g (122.9%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 56.4g (20.51%), Sugar: 15.17g (16.86%), Cholesterol: 378.03mg (126.01%), Sodium: 131.22mg (5.71%), Alcohol: 4.21g (100%), Alcohol %: 2.59% (100%), Caffeine: 20.87mg (6.96%), Protein: 13.19g (26.38%), Vitamin A: 1429.68IU (28.59%), Vitamin B2: 0.46mg (26.96%), Phosphorus: 225.62mg (22.56%), Iron: 3.65mg (20.3%), Folate: 76.46µg (19.11%), Manganese: 0.36mg (18.06%), Vitamin B1: 0.23mg (15.39%), Selenium: 10.46µg (14.95%), Vitamin B12: 0.86µg (14.33%), Vitamin B5: 1.38mg (13.84%), Copper: 0.25mg (12.52%), Calcium: 118.26mg (11.83%), Zinc: 1.5mg (10.03%), Vitamin D: 1.33µg (8.84%), Magnesium: 34.13mg (8.53%), Fiber: 2.04g (8.16%), Vitamin B3: 1.59mg (7.94%), Vitamin B6: 0.15mg (7.55%), Potassium: 211.05mg (6.03%), Vitamin E: 0.71mg (4.71%), Vitamin K: 1.42µg (1.35%)