

Tiramisu IV

READY IN



80 min.

SERVINGS



10

CALORIES



247 kcal

Ingredients

- 0.3 cup amaretto
- 0.5 cup hot-brewed coffee room temperature brewed
- 8 ounce cream cheese softened
- 0.8 cup heavy cream
- 20 ladyfingers
- 1 tablespoon cocoa powder unsweetened
- 2 tablespoons vanilla extract

Equipment

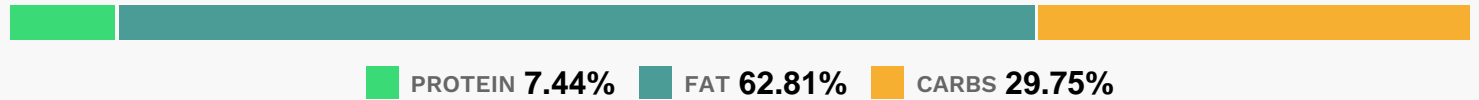
- bowl

baking paper

Directions

- In a medium bowl, combine coffee and amaretto. Divide cream cheese in half and stir coffee mixture into one half of cheese. Set aside.
- In a medium bowl, whip cream with vanilla until stiff peaks form. Fold whipped cream into remaining cream cheese.
- Line a 7x11 inch dish with parchment paper.
- Place 10 ladyfingers in the bottom of the dish. Spoon one-half of the coffee mixture over the cookies. Top with one-half of the whipped cream mixture. Repeat layers.
- Sprinkle with cocoa. Refrigerate one hour before serving.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:3.9773912896281%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 16.34g (25.14%), Saturated Fat: 9.5g (59.37%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 17.01g (6.18%), Sugar: 3.61g (4.01%), Cholesterol: 91.7mg (30.57%), Sodium: 109.42mg (4.76%), Alcohol: 2.43g (100%), Alcohol %: 3.69% (100%), Caffeine: 7.42mg (2.47%), Protein: 4.35g (8.71%), Vitamin A: 689.3IU (13.79%), Vitamin B2: 0.19mg (11.37%), Phosphorus: 77.22mg (7.72%), Iron: 0.91mg (5.04%), Folate: 20.09µg (5.02%), Vitamin B1: 0.07mg (4.92%), Vitamin B5: 0.45mg (4.53%), Calcium: 45.34mg (4.53%), Manganese: 0.08mg (4.22%), Vitamin B12: 0.24µg (4.06%), Selenium: 2.58µg (3.68%), Zinc: 0.45mg (2.99%), Vitamin B3: 0.55mg (2.74%), Potassium: 90.78mg (2.59%), Copper: 0.05mg (2.52%), Vitamin E: 0.36mg (2.41%), Vitamin B6: 0.05mg (2.36%), Magnesium: 9.27mg (2.32%), Vitamin D: 0.29µg (1.9%), Fiber: 0.41g (1.62%), Vitamin K: 1.07µg (1.02%)