



Tiramisu Parfait

READY IN



200 min.

SERVINGS



8

CALORIES



287 kcal

DESSERT

Ingredients

- 10.5 ounce angel food cake sugar free
- 2 teaspoons cocoa powder
- 8 ounce cream cheese fat-free
- 2 tablespoons brown sugar dark
- 3.5 teaspoons decaffeinated coffee powder instant
- 0.5 cup mascarpone cheese
- 1 cup splenda® no calorie sweetener
- 0.5 teaspoon vanilla extract
- 1.5 cups water hot

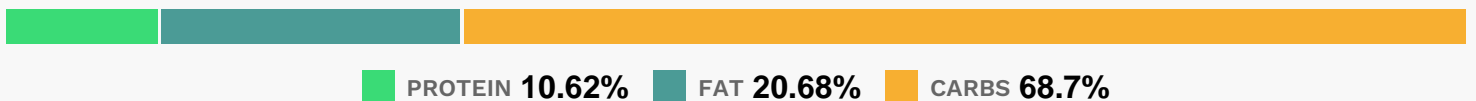
Equipment

- bowl
- frying pan
- mixing bowl

Directions

- Cut angel food cake into 1-inch cubes. Set aside.
- Dissolve instant coffee in hot water. Chill in refrigerator.
- Combine mascarpone and cream cheese in mixing bowl. Beat until smooth.
- Add 2 tablespoons coffee, dark brown sugar, SLENDA® Granulated Sweetener and vanilla.
- Mix well. Set aside.
- Pour cold coffee into a 9X13 inch pan.
- Assemble Tiramisu: Quickly dip half of angel food cake pieces into the coffee.
- Remove immediately and place in medium glass serving bowl.
- Spread half of cheese mixture on top.
- Sprinkle with 1 tsp cocoa powder. Repeat with remaining angel food cake, cheese mixture, and cocoa.
- Cover and chill for three hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:4.1878261554824%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 286.91kcal (14.35%), Fat: 6.76g (10.4%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 50.38g (18.32%), Sugar: 35.92g (39.91%), Cholesterol: 17.46mg (5.82%), Sodium: 400.18mg (17.4%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 14.31mg (4.77%), Protein: 7.81g (15.62%), Phosphorus: 237.89mg (23.79%), Calcium: 155.23mg (15.52%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.14mg (8.47%), Vitamin B12: 0.28µg (4.67%), Potassium: 153.69mg (4.39%), Vitamin A: 211.9IU (4.24%), Folate: 14.87µg (3.72%), Zinc: 0.5mg (3.32%), Magnesium: 12.64mg (3.16%), Vitamin B5: 0.28mg (2.84%), Copper: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.61%), Manganese: 0.05mg (2.39%), Vitamin B3: 0.26mg (1.28%), Iron: 0.22mg (1.19%)