



Tres Leches Tiramisu

READY IN



35 min.

SERVINGS



4

CALORIES



894 kcal

DESSERT

Ingredients

- 0.1 teaspoon cayenne pepper
- 0.3 cup rum / brandy / coffee liqueur
- 0.3 cup evaporated milk
- 1.5 teaspoons ground cinnamon
- 0.5 cup half-and-half
- 24 ladyfingers soft
- 1 mangos fresh peeled seeded cut into 1/2-inch pieces
- 0.5 cup mascarpone cheese at room temperature
- 0.3 cup powdered sugar

- 1 pint raspberries fresh
- 0.3 cup condensed milk sweetened
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 cup whipping cream chilled

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- hand mixer

Directions

- Watch how to make this recipe.
- Special equipment: 4 individual trifle dishes
- For the spicy chocolate tres leches: In a small saucepan, whisk together the half-and-half, unsweetened cocoa powder, sweetened condensed milk, evaporated milk and cayenne pepper. Bring to a simmer over medium heat. Simmer for 2 minutes.
- Remove the pan from the heat and whisk in the coffee liqueur. Cool before using.
- Pour the cream into a medium bowl. Using an electric hand mixer, beat the cream until soft peaks form, 2 to 3 minutes.
- Add the powdered sugar, cinnamon, vanilla and mascarpone.
- Mix until well combined.
- Dip the ladyfingers in the chocolate tres leches.
- Place 2 to 3 ladyfingers in the bottom of each trifle dish. Top with 1 tablespoon of the chocolate tres leches. Top with 2 tablespoons of the whipped cream mixture, and then a few pieces of mango and raspberries. Repeat the layers and garnish the top of each trifle with fruit pieces. Chill until ready to serve.

Nutrition Facts

PROTEIN 7.77% FAT 48.47% CARBS 43.76%

Properties

Glycemic Index:43.94, Glycemic Load:11.61, Inflammation Score:-9, Nutrition Score:25.722173524939%

Flavonoids

Cyanidin: 54.19mg, Cyanidin: 54.19mg, Cyanidin: 54.19mg, Cyanidin: 54.19mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.17mg, Pelargonidin: 1.17mg, Pelargonidin: 1.17mg, Pelargonidin: 1.17mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 7.09mg, Catechin: 7.09mg, Catechin: 7.09mg, Catechin: 7.09mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 18.24mg, Epicatechin: 18.24mg, Epicatechin: 18.24mg, Epicatechin: 18.24mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 893.93kcal (44.7%), Fat: 48.49g (74.6%), Saturated Fat: 28.42g (177.64%), Carbohydrates: 98.52g (32.84%), Net Carbohydrates: 86.27g (31.37%), Sugar: 44.18g (49.09%), Cholesterol: 262.88mg (87.63%), Sodium: 192.71mg (8.38%), Alcohol: 3.37g (100%), Alcohol %: 1.01% (100%), Caffeine: 16.48mg (5.49%), Protein: 17.49g (34.98%), Manganese: 1.4mg (69.77%), Vitamin C: 51.33mg (62.22%), Vitamin A: 2458.34IU (49.17%), Fiber: 12.24g (48.98%), Vitamin B2: 0.67mg (39.26%), Phosphorus: 352.63mg (35.26%), Calcium: 289.66mg (28.97%), Folate: 106.97µg (26.74%), Copper: 0.52mg (25.84%), Iron: 4.47mg (24.85%), Magnesium: 91.43mg (22.86%), Vitamin B1: 0.29mg (19.43%), Potassium: 669.64mg (19.13%), Vitamin B5: 1.73mg (17.32%), Zinc: 2.36mg (15.75%), Vitamin E: 2.22mg (14.78%), Vitamin B3: 2.76mg (13.79%), Vitamin K: 14.37µg (13.69%), Vitamin B6: 0.27mg (13.6%), Vitamin B12: 0.76µg (12.62%), Selenium: 7.61µg (10.87%), Vitamin D: 1.01µg (6.71%)