



Twinkie Tiramisu

READY IN



10 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- 8 ounces whipped cream cheese
- 1.5 cups heavy cream
- 3 tablespoons espresso powder instant
- 4 ounces bittersweet chocolate finely chopped
- 0.8 cup sugar
- 10 vanilla cream-filled snack cakes such as twinkies, halved lengthwise
- 1 teaspoon vanilla extract

Equipment

- bowl
- whisk
- plastic wrap
- baking pan
- hand mixer

Directions

- Place espresso powder and 1/2 cup sugar in a heatproof bowl.
- Pour 1 cup boiling water into bowl and whisk to dissolve.
- Let cool to room temperature.
- Combine cream cheese, vanilla and remaining 1/4 cup sugar in a large bowl and beat with an electric mixer until smooth. In another large bowl, beat heavy cream until it holds stiff peaks. Gently fold cream cheese mixture into whipped cream.
- One at a time, dip 10 Twinkie halves into coffee mixture just to moisten.
- Place them alongside each other in bottom of a shallow 11-by-7-inch baking dish.
- Spread half of cream cheese mixture over Twinkies, then sprinkle with 2 oz. chopped chocolate. Repeat with remaining Twinkies, cream cheese mixture and chocolate. Cover with plastic wrap and refrigerate until well chilled, at least 3 hours or up to 2 days.

Nutrition Facts

PROTEIN 3.38% **FAT 59.59%** **CARBS 37.03%**

Properties

Glycemic Index:15.64, Glycemic Load:15.04, Inflammation Score:-5, Nutrition Score:6.2091304141542%

Nutrients (% of daily need)

Calories: 459.35kcal (22.97%), Fat: 30.91g (47.55%), Saturated Fat: 17.76g (110.99%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 41.85g (15.22%), Sugar: 33.45g (37.16%), Cholesterol: 72.82mg (24.27%), Sodium: 74.86mg (3.25%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 71.07mg (23.69%), Protein: 3.95g (7.89%), Vitamin A: 857.27IU (17.15%), Manganese: 0.27mg (13.32%), Phosphorus: 104.93mg (10.49%), Copper: 0.21mg (10.3%), Magnesium: 39.48mg (9.87%), Vitamin B2: 0.15mg (8.89%), Iron: 1.38mg (7.66%), Calcium: 73.81mg (7.38%), Potassium: 245.58mg (7.02%), Vitamin E: 0.92mg (6.1%), Vitamin D: 0.83µg (5.52%), Vitamin B3: 1.1mg (5.51%), Fiber: 1.36g (5.44%), Selenium: 3.73µg (5.32%), Zinc: 0.66mg (4.38%), Vitamin B1: 0.06mg (4.22%), Vitamin K:

3.77µg (3.59%), Vitamin B5: 0.3mg (3.04%), Vitamin B12: 0.18µg (2.99%), Folate: 10.14µg (2.53%), Vitamin B6:
0.04mg (1.77%)