

Twinkie® Tiramisu

READY IN



135 min.

SERVINGS



2

CALORIES



846 kcal

DESSERT

Ingredients

- 6 tablespoons rum / brandy / coffee liqueur flavored
- 1 egg yolk
- 8 ounce mascarpone cheese
- 4 cream-filled sponge snack cakes (such as)
- 1 teaspoon vanilla extract
- 4 teaspoons sugar white

Equipment

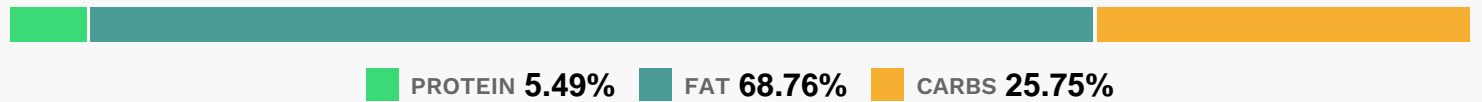
- bowl

- oven
- plastic wrap

Directions

- Beat the mascarpone cheese, sugar, vanilla extract, and egg yolk in a bowl until lightly and creamy.
- Cut the sponge snack cakes in half lengthwise, then in half widthwise, cutting each into 4 pieces. Press two cake pieces into the bottom of a large coffee mug, cream-side-down. Press four cake pieces around the inside of the mug. Repeat with a second mug.
- Sprinkle the sponge cake with 2 tablespoons of coffee liqueur per mug. Spoon in half of the mascarpone mixture and place two more sponge cake halves on top, cream-side-down.
- Sprinkle the tops with the remaining coffee liqueur. Wrap with plastic wrap, and refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:5.58, Inflammation Score:-7, Nutrition Score:5.1956520961679%

Nutrients (% of daily need)

Calories: 846.1kcal (42.31%), Fat: 58.38g (89.81%), Saturated Fat: 33.37g (208.57%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 48.82g (17.75%), Sugar: 38.78g (43.09%), Cholesterol: 210.6mg (70.2%), Sodium: 163.67mg (7.12%), Alcohol: 10.45g (100%), Alcohol %: 6.58% (100%), Protein: 10.5g (20.99%), Vitamin A: 1717.35IU (34.35%), Calcium: 177.15mg (17.71%), Selenium: 5.81µg (8.3%), Vitamin B2: 0.11mg (6.43%), Folate: 25.14µg (6.28%), Phosphorus: 53.22mg (5.32%), Vitamin B1: 0.08mg (5.25%), Iron: 0.78mg (4.35%), Vitamin E: 0.62mg (4.11%), Manganese: 0.08mg (4%), Vitamin B5: 0.36mg (3.64%), Vitamin B3: 0.66mg (3.28%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.93%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (1.82%), Copper: 0.04mg (1.81%), Fiber: 0.36g (1.44%), Vitamin K: 1.26µg (1.2%), Magnesium: 4.05mg (1.01%)