

Eggnog Tiramisu

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 9

*2 cartons (8 ounce ea) mascarpone
cheese
1/2 cup powdered sugar
1 cup eggnog
1/4 cup dark rum OR 1/4 cup
eggnog plus 1/2 teaspoon rum extract
1 cup whipping cream
2 packages (3 ounce ea) ladyfingers,
split
1/2 teaspoon freshly grated nutmeg or
1/4 teaspoon ground nutmeg*

Preparation Time: 30 minutes

Chill: 4 hours

In a medium bowl, combine the mascarpone cheese, powdered sugar, 1/3 cup of eggnog and two tablespoons of the rum.

In a chilled small bowl, beat the whipping cream with chilled beaters of an electric mixer on medium until soft peaks form (tips curl). Fold the whipped cream into the mascarpone cheese mixture.

To assemble: Arrange half of the ladyfinger halves in the bottom of a two-quart square baking dish, cutting the ladyfingers as necessary to fit. Drizzle with half of the remaining eggnog and one tablespoon of the remaining rum. Evenly spread half of the mascarpone mixture over the ladyfingers. Sprinkle with half of the nutmeg. Repeat the layers.

Cover and chill for 4 to 24 hours.

Per Serving (excluding unknown items): 183 Calories; 15g Fat (71.3% calories from fat); 2g Protein; 11g Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 31mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	183	Vitamin B6 (mg):	trace
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates: 24.5%
% Calories from Protein: 4.2%
Total Fat (g): 15g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 62mg
Carbohydrate (g): 11g
Dietary Fiber (g): 0g
Protein (g): 2g
Sodium (mg): 31mg
Potassium (mg): 67mg
Calcium (mg): 54mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 421IU
Vitamin A (r.e.): 121RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): .1mg
Folacin (mcg): 1mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 183 **Calories from Fat:** 131

% Daily Values*

Total Fat	15g	23%
	Saturated Fat 7g	37%
Cholesterol	62mg	21%
Sodium	31mg	1%
Total Carbohydrates	11g	4%
	Dietary Fiber 0g	0%
Protein	2g	
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Vitamin A		8%
Vitamin C		1%
Calcium		5%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.