

# Quick Tiramisu Trifles

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-sponge-cake-with-rum>

## Ingredients:

- 1/2 pound mascarpone cheese
- 3 tablespoons sugar plus 1/4 cup
- 1 cup heavy cream
- 12 lady fingers
- 3/4 cup espresso
- 1 tablespoon rum
- cocoa powder

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 225 milligrams
4. Fat: 44 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 26 grams
8. Sodium: 280 milligrams
9. Sugar: 11 grams

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