



## Tiramisu

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 304g, Protein 4g, Carbohydrates 27g  
Fat 20g, Cholesterol 72mg, Sodium 196mg, Potassium 118mg  
Phosphorus 85mg, Calcium 36mg, Fiber 0.7g

**Renal and Renal Diabetic Food choices:** 1/2 low-potassium fruit, 1 high calorie

### PREPARATION

1. Using a serrated knife, cut pound cake into 10 equal slices and set aside.
2. Mix cream cheese, vanilla and sugar with electric mixer until smooth.
3. Combine cocoa and grated chocolate in a separate bowl and set aside.
4. Pour espresso into a shallow dish.
5. Dip both sides of 4 pieces of pound cake into the espresso, then place in bottom of 8" loaf pan. Break up pieces, if necessary, in order to coat bottom of pan.
6. Gently spread 1/3 of cream cheese mixture over cake layer. Sprinkle with 1/3 cocoa mixture. Repeat procedure with remaining slices, cream cheese mixture and cocoa mixture to make 3 layers.
7. Refrigerate 2 hours, then cut into 10 pieces and serve.

**Portions:** 10

**Serving size:** 1/10th recipe

**Carbohydrate Choices:** 3

### INGREDIENTS

10 ounces	Of pound cake, prepared
12 ounces	Regular cream cheese
1/2 cup	Sugar
1 tsp	Vanilla extract
2 tsp	Unsweetened cocoa
1 ounce	Semisweet chocolate, finely grated
4 ounces	Brewed espresso

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

