



Almond & apricot trifles

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



754 kcal

Ingredients

- ☐ 1 round cake cut into cubes
- ☐ 820 g apricots chopped canned
- ☐ 500 g custard sauce fresh
- ☐ 300 ml double cream
- ☐ 2 tbsp almonds flaked toasted
- ☐ 8 tbsp frangelico
- ☐ 8 tbsp frangelico

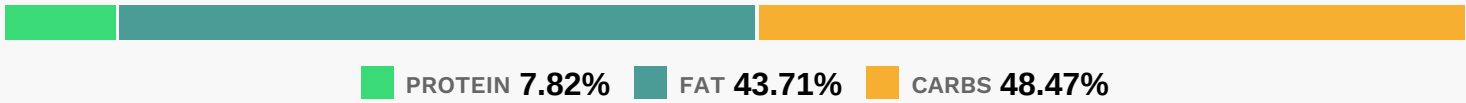
Equipment

- ☐ bowl

Directions

- ☐
- Line the bottom of 4 small glass serving dishes with the cake.
- ☐
- Mix the Disaronno with 6 tbsp of reserved juice, then divide this between the bowls. Arrange apricots on top of the sponge, then pour on custard. Cover and chill for at least 10 mins, or up to a day.
- ☐
- Just before serving, add the remaining Disaronno to the cream and whip until it just holds its shape. Spoon over the custard and sprinkle with flaked almonds.

Nutrition Facts



Properties

Glycemic Index:22.07, Glycemic Load:15.87, Inflammation Score:-10, Nutrition Score:24.221739188485%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 7.59mg, Catechin: 7.59mg, Catechin: 7.59mg, Catechin: 7.59mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 9.75mg, Epicatechin: 9.75mg, Epicatechin: 9.75mg, Epicatechin: 9.75mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 753.87kcal (37.69%), Fat: 37.56g (57.78%), Saturated Fat: 20.74g (129.62%), Carbohydrates: 93.73g (31.24%), Net Carbohydrates: 88.63g (32.23%), Sugar: 54.91g (61.01%), Cholesterol: 225.51mg (75.17%), Sodium: 594.72mg (25.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin A: 5400.43IU (108.01%), Vitamin B2: 0.76mg (44.56%), Phosphorus: 380.21mg (38.02%), Calcium: 316.15mg (31.61%), Potassium: 972.28mg (27.78%), Vitamin E: 4.05mg (27.02%), Vitamin C: 21.08mg (25.55%), Selenium: 17µg (24.28%), Vitamin B1: 0.35mg (23.02%), Manganese: 0.44mg (21.96%), Fiber: 5.1g (20.4%), Iron: 3.53mg (19.59%), Vitamin B5: 1.94mg (19.4%), Vitamin D: 2.86µg (19.05%), Folate: 70.17µg (17.54%), Magnesium: 67.53mg (16.88%), Vitamin B12: 0.95µg (15.85%), Vitamin B3: 3.07mg (15.36%), Copper: 0.3mg (15.18%), Vitamin B6: 0.26mg (13.15%), Zinc: 1.77mg (11.78%), Vitamin K: 9.58µg (9.12%)