



Almond Cake Trifle with Roasted Cherries

READY IN



45 min.

SERVINGS



16

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 7 ounces almond paste
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 3 pounds cherries frozen thawed
- ☐ 3 cinnamon sticks
- ☐ 6 tablespoons cognac
- ☐ 6 large eggs at room temperature
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar divided

- ☐ 1.3 cups butter unsalted softened
- ☐ 1 vanilla pod split
- ☐ 4 teaspoons vanilla extract divided
- ☐ 1 pint whipping cream
- ☐ 0.5 cup almonds whole toasted coarsely chopped

Equipment

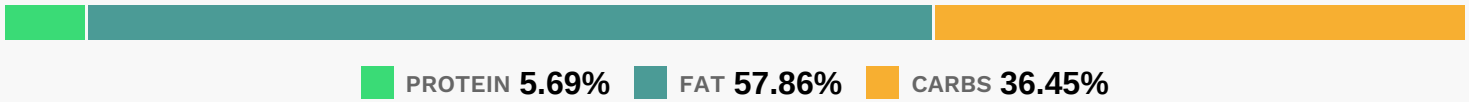
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ roasting pan
- ☐ stand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Grease and flour a 10-cup Bundt pan.
- ☐ Sift together first 3 ingredients in a large bowl. Process almond paste and 1 1/4 cups sugar in a food processor until blended. Beat butter in a large bowl with an electric mixer at medium speed 1 minute.
- ☐ Add sugar mixture and 1 teaspoon vanilla, and beat until light and fluffy. Beat in eggs, 1 at a time, scraping down sides. Gradually add flour mixture, mixing just until blended.
- ☐ Pour into prepared Bundt pan, and bake 55 minutes or until a wooden pick inserted into cake center comes out clean.
- ☐ Remove from oven, and let cool.
- ☐ Toss cherries with Cognac, cinnamon sticks, 3 teaspoons vanilla, 3 tablespoons sugar, and vanilla bean halves in a bowl; pour into a roasting pan. Increase heat to 425, and bake cherry mixture 10 minutes.

- ☐
- Place vanilla bean halves and cinnamon sticks in a small bowl, and let cool. Strain cherries, and reserve all cooking liquid.
- ☐
- Scrape vanilla beans with a spoon, and place seeds in bowl of a heavy-duty stand mixer.
- ☐
- Add whipping cream. Gradually add remaining 1/4 cup sugar, add cardamom, if desired, and whisk until stiff peaks form.
- ☐
- Assemble trifle in 16 (10-ounce) individual glasses. Slice cake into 3/4-inch pieces.
- ☐
- Layer cake pieces, 1 1/2 teaspoons cherry liquid, cherries, and 3 tablespoons cream; repeat layers, ending with 1 tablespoon cream. Chill 2 hours, sprinkle with almonds, and serve.
- ☐
- *To bring eggs to room temperature safely, remove from refrigerator and place in a bowl for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:19.51, Inflammation Score:-7, Nutrition Score:10.052608686945%

Flavonoids

Cyanidin: 25.8mg, Cyanidin: 25.8mg, Cyanidin: 25.8mg, Cyanidin: 25.8mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg 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: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 509.6kcal (25.48%), Fat: 32.92g (50.65%), Saturated Fat: 17.05g (106.55%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 43.19g (15.71%), Sugar: 35.39g (39.32%), Cholesterol: 141.3mg (47.1%), Sodium: 114.36mg (4.97%), Alcohol: 2.22g (100%), Alcohol %: 1.39% (100%), Protein: 7.28g (14.56%), Vitamin E: 3.8mg (25.37%), Manganese: 0.45mg (22.74%), Vitamin A: 1035.73IU (20.71%), Vitamin B2: 0.29mg (16.9%), Selenium: 10.76µg (15.37%), Phosphorus: 146.39mg (14.64%), Fiber: 3.48g (13.91%), Magnesium: 44.79mg (11.2%), Calcium: 108.79mg (10.88%), Copper: 0.19mg (9.63%), Potassium: 331.43mg (9.47%), Vitamin C: 6.17mg (7.48%), Vitamin D: 1.11µg (7.43%), Folate: 27.57µg (6.89%), Iron: 1.21mg (6.73%), Vitamin B5: 0.62mg (6.23%), Zinc: 0.8mg (5.3%),

Vitamin B6: 0.1mg (4.96%), Vitamin B1: 0.06mg (4.23%), Vitamin B12: 0.24µg (4.07%), Vitamin K: 4.26µg (4.06%),
Vitamin B3: 0.6mg (3.01%)