



Baked raspberry & bramble trifle with Drambuie

 Popular

READY IN



105 min.

SERVINGS



8

CALORIES



748 kcal

DESSERT

Ingredients

- ☐ 350 g raspberry fresh
- ☐ 225 g madeira cake light or any other sponge, thinly sliced
- ☐ 5 tbsp drambuie whisky
- ☐ 1 large orange zest grated
- ☐ 1 l double cream
- ☐ 4 eggs
- ☐ 85 g golden caster sugar

- ☐ 3 drops vanilla extract
- ☐ 8 tbsp bramble jam
- ☐ 5 shortbread biscuits bought crumbled lightly toasted
- ☐ 8 servings icing sugar

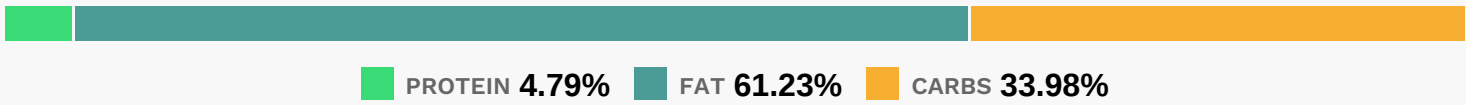
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ The day before, preheat the oven to fan oven 140C/conventional 160C/gas
- ☐ Tip the raspberries over the base of a large deep, ovenproof dish. Press down lightly with the back of a spoon to release some of the berry juices.
- ☐ Cover the raspberries with the slices of cake, then spoon over the Drambuie and orange juice. Leave to soak for 10 minutes.
- ☐ Whisk together 600ml of the double cream with the eggs, sugar, orange zest and vanilla extract or essence.
- ☐ Spread the jam over the sponge to cover completely then slowly pour on the custard mixture.
- ☐ Sit the dish in a roasting tin with enough hot water to come at least 5cm up the sides.
- ☐ Bake for 1 hour–1 hour 10 minutes, or longer depending on the height and width of the dish. The custard should be just set with a little wobble left in it. Leave to cool then cover with cling film and keep overnight in the fridge.
- ☐ To serve, whip the remaining cream until it just holds its shape, then spoon it over the custard. Scatter over the raspberries and toasted shortbread and finish with a dusting of icing sugar.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:10.57, Inflammation Score:-8, Nutrition Score:13.079999882242%

Flavonoids

Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.54mg, Epicatechin: 1.54mg, Epicatechin: 1.54mg, Epicatechin: 1.54mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 747.53kcal (37.38%), Fat: 50.18g (77.21%), Saturated Fat: 30.35g (189.7%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 59.21g (21.53%), Sugar: 45.2g (50.23%), Cholesterol: 252.62mg (84.21%), Sodium: 272.49mg (11.85%), Alcohol: 3.39g (100%), Alcohol %: 1.56% (100%), Protein: 8.83g (17.66%), Vitamin A: 2036.69IU (40.73%), Vitamin B2: 0.47mg (27.47%), Selenium: 14.15µg (20.22%), Manganese: 0.4mg (20.12%), Vitamin C: 16.02mg (19.41%), Phosphorus: 176.66mg (17.67%), Vitamin D: 2.51µg (16.72%), Calcium: 142.07mg (14.21%), Fiber: 3.44g (13.78%), Vitamin E: 2.02mg (13.44%), Folate: 45.59µg (11.4%), Iron: 1.96mg (10.87%), Vitamin B5: 0.98mg (9.81%), Vitamin B1: 0.14mg (9.61%), Potassium: 282.25mg (8.06%), Vitamin K: 8.25µg (7.85%), Vitamin B12: 0.46µg (7.74%), Magnesium: 27.13mg (6.78%), Vitamin B6: 0.14mg (6.78%), Zinc: 0.97mg (6.43%), Copper: 0.12mg (6.02%), Vitamin B3: 1.14mg (5.72%)