



Bakewell trifles

READY IN



15 min.

SERVINGS



8

CALORIES



274 kcal

Ingredients

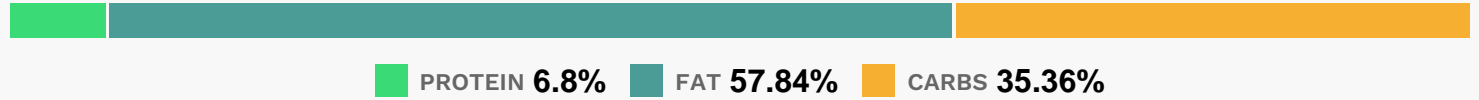
- 25 g biscuits
- 140 g round cake
- 0.5 maraschino cherries drained
- 200 g cherries
- 300 g custard sauce
- 300 ml double cream
- 3 tbsp almonds flaked toasted

Equipment

Directions

- Crumble the biscuits and cake, roughly mix and divide between 8 small glasses. Halve the cherries and divide between the trifles, then top with compote or jam.
- Beat together the custard and cream, then dollop on top. Scatter over the almonds, add a cherry half to each trifle and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:6.4039130781008%

Flavonoids

Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg, Cyanidin: 7.64mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg 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: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 274.15kcal (13.71%), Fat: 18.03g (27.74%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.67g (8.61%), Sugar: 12.92g (14.36%), Cholesterol: 79.63mg (26.54%), Sodium: 180.2mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin B2: 0.26mg (15.33%), Vitamin A: 665.98IU (13.32%), Phosphorus: 131.34mg (13.13%), Calcium: 104.31mg (10.43%), Vitamin E: 1.43mg (9.54%), Selenium: 5.72µg (8.17%), Manganese: 0.16mg (7.76%), Vitamin D: 1.09µg (7.26%), Vitamin B1: 0.1mg (6.72%), Potassium: 220.84mg (6.31%), Magnesium: 23.98mg (6%), Iron: 0.97mg (5.42%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.3µg (5.03%), Fiber: 1.13g (4.53%), Folate: 17.95µg (4.49%), Copper: 0.08mg (4.15%), Zinc: 0.52mg (3.48%), Vitamin B3: 0.69mg (3.45%), Vitamin B6: 0.07mg (3.26%), Vitamin C: 2.01mg (2.44%), Vitamin K: 1.98µg (1.88%)