

Berry-Citrus Trifle

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 12 ounces berries mixed frozen
- ☐ 2.5 teaspoons cornstarch
- ☐ 3 eggs
- ☐ 0.5 envelope gelatin powder unflavored
- ☐ 2.5 tablespoons mint leaves fresh finely chopped
- ☐ 0.7 cup orange juice fresh
- ☐ 1 orange zest
- ☐ 0.3 cup sugar divided

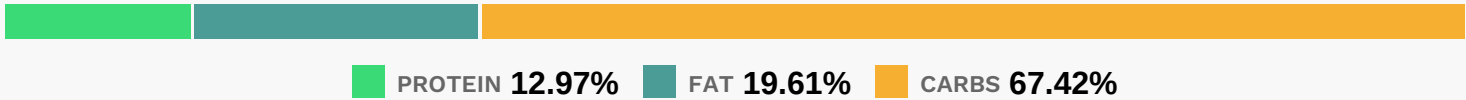
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a glass bowl, whisk eggs, juice, zest and 1/4 cup sugar. In a medium saucepan, bring 2 inches of water to a boil. Reduce heat to medium-low and set bowl over pan. (Bottom of bowl should sit above the water without touching it.) Cook egg mixture, stirring occasionally, until thick enough to coat a spoon, about 20 minutes.
- ☐ Whisk in gelatin until fully dissolved.
- ☐ Remove bowl from heat; pour curd evenly among four 5-ounce serving glasses; refrigerate until solid, about 2 hours. In a small saucepan over medium-high heat, cook berries with remaining 3 tablespoons sugar, stirring occasionally, until berries break down, liquefy and start to bubble, about 10 minutes. In a bowl, strain one third of hot berry mixture; add cornstarch and whisk until fully dissolved.
- ☐ Pour juice-cornstarch mixture into same saucepan; cook over medium-high heat until sauce thickens, about 2 minutes.
- ☐ Remove from heat and stir in chopped mint; let cool completely. Spoon berry sauce evenly over curd. Refrigerate at least 1 hour or up to 24; remove from fridge 30 minutes before serving; garnish with mint sprigs.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 30.52, Glycemic Load: 10.92, Inflammation Score: -5, Nutrition Score: 8.2039129630379%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg

Delphinidin: 18.36mg Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 170.08kcal (8.5%), Fat: 3.84g (5.91%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 26.76g (9.73%), Sugar: 23.26g (25.84%), Cholesterol: 122.76mg (40.92%), Sodium: 51.14mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 27.87mg (33.78%), Selenium: 10.74µg (15.35%), Vitamin K: 14.09µg (13.42%), Vitamin B2: 0.21mg (12.36%), Fiber: 2.96g (11.83%), Folate: 38.59µg (9.65%), Manganese: 0.18mg (8.94%), Vitamin A: 445.34IU (8.91%), Phosphorus: 85.14mg (8.51%), Vitamin B5: 0.72mg (7.17%), Vitamin B6: 0.13mg (6.61%), Potassium: 198.7mg (5.68%), Iron: 1.02mg (5.65%), Vitamin B1: 0.08mg (5.6%), Vitamin E: 0.78mg (5.19%), Copper: 0.1mg (5.17%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Calcium: 42.89mg (4.29%), Magnesium: 16.15mg (4.04%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.71mg (3.57%)