



Berry Trifle

 Vegetarian

READY IN



43 min.

SERVINGS



4

CALORIES



1577 kcal

DESSERT

Ingredients

- ☐ 1 pint blueberries
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 juice of lemon juiced
- ☐ 11 ounce lemon curd
- ☐ 1 round cake store bought sliced
- ☐ 2 pint raspberries
- ☐ 1 pint strawberries thick hulled cut into slices
- ☐ 0.3 cup sugar

- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 quart whipping cream

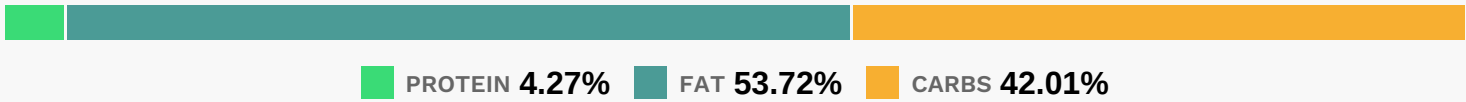
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the berries into a large bowl and sprinkle with half of the lemon juice. Lightly toss.
- ☐ Combine the berries, sugar, cornstarch and remaining lemon juice in a saucepan over medium-high heat. Bring to a simmer and cook just until the berries begin to break down and give up their juices, about 3 minutes. Take the berries off the heat and let cool; the mixture should thicken up as it cools.
- ☐ In a clean bowl, whip the cream with the sugar and the vanilla to soft peaks.
- ☐ Put the lemon curd into a second bowl and stir in a little of the whipped cream to loosen it. Then fold in the rest of the cream.
- ☐ To assemble the trifle, spoon a layer of the lemon cream into a large glass bowl.
- ☐ Add a layer of pound cake, breaking the slices into pieces that fit. Then soak the cake with a layer of berries and their juices. Keep going to make 3 or 4 more layers, depending on the size of the bowl, finishing with a layer of lemon cream. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:22.56, Inflammation Score:-10, Nutrition Score:36.780000106148%

Flavonoids

Cyanidin: 120.28mg, Cyanidin: 120.28mg, Cyanidin: 120.28mg, Cyanidin: 120.28mg Petunidin: 38.16mg, Petunidin: 38.16mg, Petunidin: 38.16mg, Petunidin: 38.16mg Delphinidin: 45.4mg, Delphinidin: 45.4mg, Delphinidin: 45.4mg,

Delphinidin: 45.4mg Malvidin: 80.27mg, Malvidin: 80.27mg, Malvidin: 80.27mg, Malvidin: 80.27mg Pelargonidin: 31.71mg, Pelargonidin: 31.71mg, Pelargonidin: 31.71mg, Pelargonidin: 31.71mg Peonidin: 24.34mg, Peonidin: 24.34mg, Peonidin: 24.34mg, Peonidin: 24.34mg Catechin: 13.04mg, Catechin: 13.04mg, Catechin: 13.04mg, Catechin: 13.04mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 9.56mg, Epicatechin: 9.56mg, Epicatechin: 9.56mg, Epicatechin: 9.56mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 1.41mg, Epigallocatechin 3–gallate: 1.41mg, Epigallocatechin 3–gallate: 1.41mg, Epigallocatechin 3–gallate: 1.41mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1577kcal (78.85%), Fat: 96.96g (149.16%), Saturated Fat: 59.72g (373.22%), Carbohydrates: 170.57g (56.86%), Net Carbohydrates: 149.43g (54.34%), Sugar: 124.96g (138.84%), Cholesterol: 343.84mg (114.61%), Sodium: 770.09mg (33.48%), Alcohol: 0.17g (100%), Alcohol %: 0.02% (100%), Protein: 17.33g (34.66%), Vitamin C: 147.34mg (178.59%), Manganese: 2.6mg (130.11%), Fiber: 21.14g (84.57%), Vitamin A: 3749.95IU (75%), Vitamin K: 51.61µg (49.15%), Vitamin B2: 0.82mg (47.97%), Vitamin E: 5.44mg (36.29%), Phosphorus: 351.9mg (35.19%), Folate: 131.39µg (32.85%), Calcium: 294.49mg (29.45%), Potassium: 937.13mg (26.78%), Iron: 4.74mg (26.35%), Vitamin D: 3.94µg (26.24%), Vitamin B1: 0.38mg (25.29%), Magnesium: 99.87mg (24.97%), Selenium: 15.11µg (21.58%), Copper: 0.41mg (20.63%), Vitamin B5: 2.04mg (20.45%), Vitamin B3: 3.97mg (19.87%), Vitamin B6: 0.37mg (18.63%), Zinc: 2.31mg (15.37%), Vitamin B12: 0.56µg (9.31%)