



Blueberry-Orange Trifle

READY IN



35 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

Ingredients

- 1 angel food bundt cake store-bought
- 2 pints blueberries fresh
- 8 servings mint leaves fresh for garnish
- 1 envelope powdered gelatin
- 0.5 juice of lemon juiced
- 0.3 cup brown sugar light
- 15 ounce ricotta cheese low-fat
- 1.5 cups non-fat yogurt plain
- 1 cup orange juice

- 1 orange zest finely grated
- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract pure

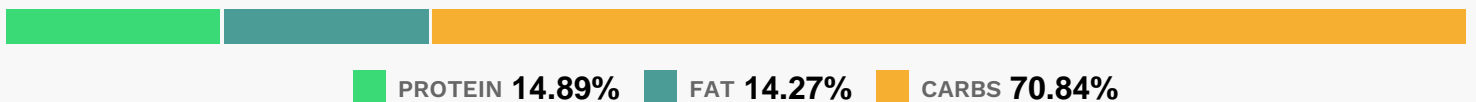
Equipment

- food processor
- bowl
- pot

Directions

- Pour 1/2 cup of the orange juice into a small pot and heat over medium flame until hot; remove from heat.
- Sprinkle the gelatin on top of the hot orange juice, give it a stir, and let stand for 5 minutes to soften.
- Combine the yogurt, ricotta, vanilla, brown sugar, orange zest, and the gelatin mixture in a food processor and process until smooth, thick, and custard-like.
- Put the angel food cake in a trifle bowl and push it down so it sits on the bottom.
- Pour the remaining 1/2 cup of orange juice over the cake to moisten. Spoon the yogurt custard over the cake to cover. Chill in the refrigerator to set up.
- Combine the blueberries, sugar, and lemon juice in a pot over medium heat. Stir gently until the berries breakdown and release their natural juice; the consistency should remain a bit chunky. Set aside to cool.
- Top the chilled trifle with the blueberry compote and garnish with fresh mint.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:9.46, Inflammation Score:-6, Nutrition Score:12.778261001991%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 336.79kcal (16.84%), Fat: 5.52g (8.5%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 58.48g (21.26%), Sugar: 40.49g (44.99%), Cholesterol: 19.23mg (6.41%), Sodium: 321.33mg (13.97%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 12.98g (25.95%), Vitamin C: 30.43mg (36.88%), Calcium: 286.06mg (28.61%), Phosphorus: 283.32mg (28.33%), Selenium: 17.51µg (25.01%), Manganese: 0.45mg (22.69%), Vitamin K: 23.37µg (22.26%), Vitamin B2: 0.34mg (19.94%), Fiber: 3.23g (12.92%), Potassium: 404.91mg (11.57%), Zinc: 1.4mg (9.34%), Vitamin B1: 0.14mg (9.19%), Folate: 36.18µg (9.05%), Copper: 0.16mg (8.08%), Vitamin A: 402.32IU (8.05%), Magnesium: 31.77mg (7.94%), Vitamin B12: 0.42µg (7.07%), Vitamin B5: 0.68mg (6.76%), Vitamin B6: 0.12mg (5.85%), Vitamin E: 0.75mg (4.99%), Iron: 0.89mg (4.92%), Vitamin B3: 0.82mg (4.1%)