



Cappuccino Trifle

READY IN



75 min.

SERVINGS



12

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1 cup non-self-rising cake flour
- ☐ 2 tablespoons coffee-bean granita crushed finely
- ☐ 1.5 teaspoons cream of tartar
- ☐ 0.5 cup pasteurized egg whites at room temperature ()
- ☐ 12 large egg whites at room temperature ()
- ☐ 2 tablespoons espresso powder combined with 1/2 cup boiling water
- ☐ 2 teaspoons espresso powder
- ☐ 1 cup granulated sugar
- ☐ 6 tablespoons granulated sugar divided

- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 1 cup powdered sugar sifted
- ☐ 1 cup heavy whipping cream fat-free sour
- ☐ 2 pounds strawberries hulled
- ☐ 0.3 cup cocoa powder unsweetened sifted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 16 ounce blocks) at room temperature

Equipment

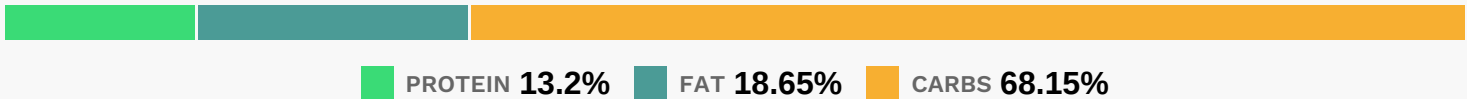
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Heat oven to 350 with a rack in the lower third. Sift the flour and salt twice; set aside.
- ☐ To make cake: In a bowl, beat the egg whites with an electric mixer at low speed until foamy (about 2 minutes).
- ☐ Add cream of tartar; beat at medium-high until fluffy and soft peaks form. Gradually add sugar, beating until eggs form a peak when beater is lifted out.
- ☐ Transfer egg whites to a large bowl; sift 1/3 of the flour mixture over the whites. Fold in, using a rubber spatula, scraping up from the bottom of the bowl. Continue to sift and fold in the flour mixture in batches; fold in lemon zest and crushed coffee beans.
- ☐ Transfer mixture to a dry, ungreased 10-inch tube pan. Run a knife through the mixture to remove air bubbles.

- ☐ Bake until top is just golden and a small knife inserted into the cake comes out clean (about 45 minutes). Invert the pan upside down to cool.
- ☐ Run a knife around the edges and the middle of the pan; remove cake.
- ☐ Cut cake horizontally into thirds; set aside.
- ☐ Cut 1/2 of the strawberries into thirds or halves, depending on their size.
- ☐ Transfer to a medium bowl and sprinkle with 1 tablespoon granulated sugar; toss and reserve. Chop the remaining strawberries into medium pieces; transfer to a second bowl, then sprinkle with 2 tablespoons granulated sugar and 1 tablespoon of the espresso powder mixture. Toss and reserve.
- ☐ To make espresso cream: Beat cream cheese with an electric mixer on medium speed (preferably with paddle attachment) until smooth. Beat in powdered sugar at low speed, adding espresso powder and vanilla.
- ☐ Transfer cream cheese mixture to a medium bowl; stir in sour cream by hand. Reserve espresso cream at room temperature.
- ☐ In a clean bowl, beat the egg whites on low until foamy (about 2 minutes). Increase speed to medium-high, and gradually add the remaining 3 tablespoons granulated sugar. Beat until egg whites are shiny and hold stiff peaks; reserve.
- ☐ To assemble: Arrange 1/3 of the cut cake in the bottom of a large glass serving dish.
- ☐ Brush the cake well with the espresso powder mixture.
- ☐ Spread 1/3 of the espresso cream over the cake followed by 1/2 of the egg white mixture. Cover with 1/3 of the chopped strawberries and their liquid and 1/3 of the sliced strawberries; dust lightly with cocoa powder. Repeat with a second layer. For top layer, brush final cake layer with remaining espresso powder mixture, and top with remaining espresso cream mixture, chopped and sliced strawberries, and remaining liquid; dust with cocoa powder. (Trifle may be served right away or covered with plastic wrap and refrigerated, up to 6 hours.)

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:22.44, Inflammation Score:-5, Nutrition Score:10.414782617403%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 311.69kcal (15.58%), Fat: 6.66g (10.25%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 52.09g (18.94%), Sugar: 38.82g (43.13%), Cholesterol: 22.14mg (7.38%), Sodium: 430.62mg (18.72%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 40.42mg (13.47%), Protein: 10.61g (21.23%), Vitamin C: 45.1mg (54.66%), Manganese: 0.5mg (24.77%), Selenium: 16.26µg (23.23%), Vitamin B2: 0.32mg (19.08%), Phosphorus: 131.04mg (13.1%), Potassium: 450.04mg (12.86%), Fiber: 2.7g (10.8%), Calcium: 102.23mg (10.22%), Magnesium: 37.43mg (9.36%), Copper: 0.18mg (8.81%), Folate: 33.43µg (8.36%), Vitamin B12: 0.44µg (7.4%), Vitamin B5: 0.55mg (5.5%), Vitamin A: 267.06IU (5.34%), Iron: 0.92mg (5.09%), Zinc: 0.69mg (4.61%), Vitamin B3: 0.84mg (4.2%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.07mg (3.32%), Vitamin E: 0.37mg (2.44%), Vitamin K: 2.19µg (2.08%)