



Cherry-Almond Trifle

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



745 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 7 ounce almond paste cut into small pieces
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 10 servings cherries with stems
- ☐ 18 ounces cherries fresh pitted coarsely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 6 large egg yolk
- ☐ 6 large eggs

- ☐ 2 cups half and half
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 10 servings slivered almonds toasted
- ☐ 0.5 cup sugar
- ☐ 1.3 cups butter unsalted cut into pieces ()
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water
- ☐ 1 cup whipping cream chilled

Equipment

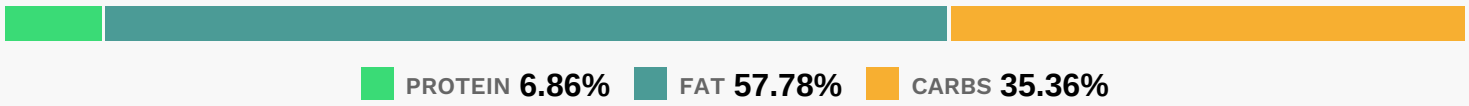
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ springform pan
- ☐ pastry bag

Directions

- ☐ Combine all ingredients in heavy medium saucepan. Stir over medium heat until sugar dissolves and mixture boils. Reduce heat to medium-low and simmer until jam is thick, stirring often, about 22 minutes.
- ☐ Transfer to small bowl. Cover and chill up to 3 days.
- ☐ Preheat oven to 325°F. Butter 9-inch-diameter springform pan. Line bottom with parchment; butter parchment. Blend almond paste and sugar in processor until mixture resembles fine meal, about 1 minute.

- ☐ Add butter and vanilla and blend well, occasionally scraping down sides of bowl. Blend in eggs 1 at a time. Using on/off turns, blend in flour, baking powder and salt (do not overmix).
- ☐ Transfer batter to prepared pan.
- ☐ Place pan on baking sheet; bake cake until tester inserted into center comes out clean and top is golden, about 1 hour 10 minutes. Cool cake in pan on rack. Cover; let stand at room temperature 1 day.
- ☐ Whisk 1/2 cup sugar and cornstarch in heavy medium saucepan to blend. Beat in yolks and vanilla. Gradually whisk in half and half. Stir over medium heat until custard thickens and boils.
- ☐ Transfer to bowl. Press plastic wrap directly onto surface; chill 1 day.
- ☐ Cut around pan sides to loosen cake; release pan sides.
- ☐ Cut cake horizontally into 3 layers; discard parchment. Spoon thin layer of custard over bottom of 3- to 3 1/2-quart trifle bowl. Trim 1 cake layer to fit, if necessary; place in bowl.
- ☐ Spread with 1/3 of custard.
- ☐ Mix chopped cherries into jam. Spoon 1/3 of jam mixture atop custard; spread to edge of bowl so that jam shows. Top with second cake layer, half of remaining custard and half of remaining jam mixture; spread to edge of bowl. Top with third cake layer.
- ☐ Spread with remaining custard, then jam mixture.
- ☐ Beat whipping cream and powdered sugar until stiff peaks form.
- ☐ Transfer to pastry bag fitted with star tip. Pipe cream in center of trifle. Pipe rosettes around edge; top rosettes with whole cherries.
- ☐ Sprinkle trifle with almonds. Cover; chill at least 3 hours and up to 1 day.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:19.88, Inflammation Score:-8, Nutrition Score:17.818695628125%

Flavonoids

Cyanidin: 57.73mg, Cyanidin: 57.73mg, Cyanidin: 57.73mg, Cyanidin: 57.73mg Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg Peonidin: 2.87mg, Peonidin: 2.87mg, Peonidin: 2.87mg, Peonidin: 2.87mg Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg, Catechin: 8.34mg Epigallocatechin:

0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 9.56mg, Epicatechin: 9.56mg, Epicatechin: 9.56mg, Epicatechin: 9.56mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 744.93kcal (37.25%), Fat: 49.26g (75.79%), Saturated Fat: 26.02g (162.61%), Carbohydrates: 67.84g (22.61%), Net Carbohydrates: 62.4g (22.69%), Sugar: 47.61g (52.9%), Cholesterol: 326.6mg (108.87%), Sodium: 211.02mg (9.17%), Alcohol: 0.28g (100%), Alcohol %: 0.09% (100%), Protein: 13.15g (26.31%), Vitamin A: 1661.64IU (33.23%), Vitamin B2: 0.56mg (32.99%), Selenium: 22.7µg (32.44%), Vitamin E: 4.65mg (31.02%), Phosphorus: 288.8mg (28.88%), Fiber: 5.44g (21.77%), Manganese: 0.43mg (21.55%), Calcium: 203.51mg (20.35%), Folate: 77.69µg (19.42%), Potassium: 654.55mg (18.7%), Vitamin C: 13.97mg (16.93%), Magnesium: 63.81mg (15.95%), Vitamin B5: 1.46mg (14.59%), Vitamin B1: 0.22mg (14.58%), Iron: 2.56mg (14.23%), Copper: 0.28mg (13.87%), Vitamin D: 1.96µg (13.05%), Vitamin B6: 0.23mg (11.4%), Vitamin B12: 0.64µg (10.74%), Zinc: 1.44mg (9.62%), Vitamin B3: 1.46mg (7.29%), Vitamin K: 7.59µg (7.23%)