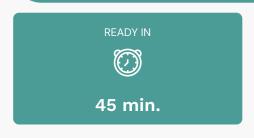


# **Cherry Trifle with Amaretto**







DESSERT

## Ingredients

0.3 teaspoon salt

2 tablespoons amaretto (almond-flavored liqueur)
20 ounce cherry pie filling light canned
2 large egg yolks
2 large eggs
15 ladyfingers
1.5 cups milk 1% low-fat
0.8 cup cup heavy whipping cream sour low-fat
0.3 cup orange juice

	0.5 cup sugar	
	2 teaspoons vanilla extract	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	whisk	
Directions		
	Combine first 4 ingredients in a bowl; stir well with a whisk. Set aside.	
	Heat milk over medium-high heat in a medium, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).	
	Remove from heat. Gradually add hot milk to sugar mixture, stirring constantly with a whisk Return milk mixture to pan, and cook over medium-low heat until thick (about 8 minutes), stirring constantly.	
	Remove from heat.	
	Place pan in a large ice-filled bowl for 25 minutes or until egg mixture comes to room temperature, stirring occasionally. Stir in sour cream and vanilla.	
	Combine orange juice and amaretto. Split the ladyfingers in half lengthwise. Arrange 10 ladyfinger halves, flat sides up, in a single layer in the bottom of a 2-quart souffl dish.	
	Brush 2 tablespoons orange juice mixture over ladyfingers in the dish.	
	Spread about 1 cup pie filling evenly over ladyfingers.	
	Spread about 1 cup custard mixture over pie filling.	
	Brush 10 ladyfinger halves with 2 tablespoons orange juice mixture, and line dish with ladyfinger halves standing upright. Arrange 10 ladyfinger halves over custard mixture, and brush with the remaining orange juice mixture.	
	Spread remaining pie filling over ladyfingers.	
	Spread remaining custard mixture over pie filling. Cover and chill for at least 8 hours.	

### **Nutrition Facts**

### **Properties**

Glycemic Index:20.35, Glycemic Load:12.18, Inflammation Score:-5, Nutrition Score:9.5930435152157%

#### **Flavonoids**

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.02mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 403.65kcal (20.18%), Fat: 9.35g (14.39%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 66.89g (24.33%), Sugar: 22.36g (24.85%), Cholesterol: 196.99mg (65.66%), Sodium: 228.38mg (9.93%), Alcohol: 1.76g (100%), Alcohol %: 0.84% (100%), Protein: 9.34g (18.69%), Vitamin B2: 0.36mg (21.42%), Phosphorus: 200.17mg (20.02%), Vitamin B12: 0.95µg (15.76%), Calcium: 156.4mg (15.64%), Selenium: 10.92µg (15.61%), Vitamin A: 748.94IU (14.98%), Folate: 48.5µg (12.13%), Vitamin B1: 0.17mg (11.54%), Vitamin C: 8.83mg (10.7%), Vitamin B5: 1.02mg (10.24%), Potassium: 338.73mg (9.68%), Iron: 1.71mg (9.51%), Vitamin D: 1.35µg (8.97%), Vitamin B6: 0.16mg (8.12%), Zinc: 1.11mg (7.42%), Copper: 0.13mg (6.6%), Magnesium: 23.6mg (5.9%), Manganese: 0.11mg (5.51%), Vitamin B3: 0.87mg (4.33%), Fiber: 0.86g (3.45%), Vitamin E: 0.42mg (2.82%)