



Cherry Trifle with Amaretto

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 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
- ☐ 0.3 teaspoon salt

- ☐ 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



 **PROTEIN 9.52%**  **FAT 21.44%**  **CARBS 69.04%**

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: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 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%)