



Chocolate Trifle

 Vegetarian

READY IN



70 min.

SERVINGS



20

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter 1 stick
- ☐ 6.8 ounce cook-and-serve chocolate pudding mix
- ☐ 3 eggs
- ☐ 2 cups heavy cream
- ☐ 1 pound brown sugar light
- ☐ 20 servings mint sprigs for garnish
- ☐ 2 cups self-rising flour
- ☐ 0.3 cup cooking sherry

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract

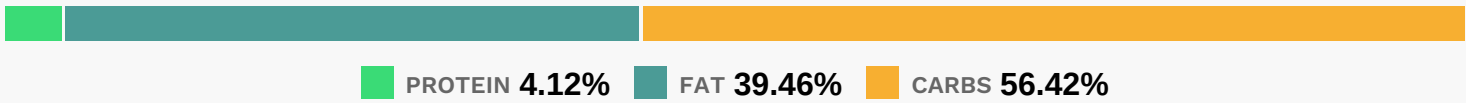
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Grease and flour a 13 by 9 by 2-inch pan. In a bowl, beat the eggs and butter together; add the brown sugar, then gradually add the flour and mix well. Stir in the vanilla.
- ☐ Spread the batter in the prepared pan and bake for 25 to 30 minutes. Cool and cut into squares.
- ☐ Prepare the pudding according to the package directions.
- ☐ Let cool slightly. Crumble the blondies into chunks, put them back into the glass dish, and sprinkle with sherry. Spoon the pudding over the blondies. Beat the cream with the sugar just until stiff peaks form. Spoon the whipped cream onto the completely cooled trifle. Refrigerate until serving time.
- ☐ Add mint to garnish.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:9.38, Inflammation Score:-4, Nutrition Score:3.7034782145334%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg,

Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 323.07kcal (16.15%), Fat: 14.24g (21.91%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 45.8g (15.27%),
Net Carbohydrates: 45.08g (16.39%), Sugar: 34.4g (38.23%), Cholesterol: 63.65mg (21.22%), Sodium: 197.2mg
(8.57%), Alcohol: 0.53g (100%), Alcohol %: 0.75% (100%), Protein: 3.34g (6.68%), Selenium: 8.31µg (11.87%), Vitamin
A: 570.05IU (11.4%), Manganese: 0.17mg (8.4%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 49.52mg (4.95%),
Calcium: 45.44mg (4.54%), Copper: 0.08mg (3.96%), Vitamin D: 0.51µg (3.42%), Iron: 0.6mg (3.34%), Magnesium:
13.25mg (3.31%), Vitamin E: 0.48mg (3.18%), Potassium: 107.37mg (3.07%), Fiber: 0.73g (2.91%), Vitamin B5: 0.26mg
(2.6%), Folate: 10.04µg (2.51%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.11µg (1.77%),
Vitamin K: 1.37µg (1.31%), Vitamin B1: 0.02mg (1.31%), Vitamin B3: 0.22mg (1.09%)