

DESSERT

Chocolate Trifle

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	40 min	30 min	20	\$0.54	323 kcal



The recipe Chocolate Trifle can be made in around 1 hour and 10 minutes. This recipe serves 20. One portion of this dish contains around 3g of protein, 14g of fat, and a total of 409 calories. For 54 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ cup (1 stick) butter
- ☐ 3 eggs
- ☐ 1 pound light brown sugar
- ☐ 2 cups self-rising flour
- ☐ ½ cup sugar
- ☐ 6.8 ounce packages cook-and-serve chocolate pudding mix
- ☐ 2 cups heavy cream
- ☐ 20 servings Mint sprigs, for garnish
- ☐ ¼ cup sherry
- ☐ 1 tablespoon vanilla extract

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1 Preheat oven to 375 degrees F.
- 2 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.
- 3 Spread the batter in the prepared pan and bake for 25 to 30 minutes. Cool and cut into squares.
- 4 Prepare the pudding according to the package directions.
- 5 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.
- 6 Add mint to garnish.

Nutrition per serving

323	3 g	14 g	46 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.7 g · 54% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			34.4 g · 38% of daily needs
Sodium			197 mg · 9% of daily needs
Cholesterol			63.7 mg · 21% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chocolate-trifle-148378