



Christmas pudding trifle



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



457 kcal

Ingredients

- ☐ 3 cranberry-orange relish
- ☐ 1 tbsp little demerara sugar
- ☐ 2 tbsp grand marnier
- ☐ 300 g pudding leftover
- ☐ 500 g custard sauce
- ☐ 250 g pot roast cut
- ☐ 284 ml double cream
- ☐ 1 handful almonds flaked toasted
- ☐ 6 servings chocolate dark grated

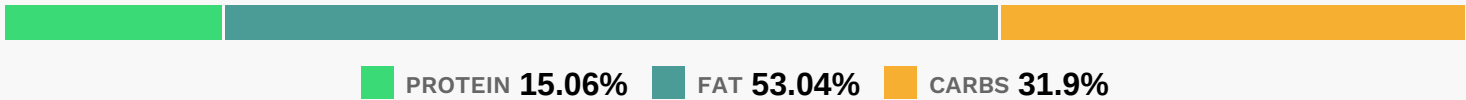
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Peel the oranges using a sharp knife, ensuring all the pith is removed. Slice as thinly as possible and arrange over a dinner plate.
- ☐ Sprinkle with the demerara sugar followed by the Grand Marnier and set aside.
- ☐ Crumble the Christmas pudding into large pieces and scatter over the bottom of a trifle bowl. Lift the oranges onto the pudding in a layer and pour over any juices.
- ☐ Beat the mascarpone until smooth, then stir in the custard. Spoon the mixture over the top of the oranges.
- ☐ Lightly whip the cream and spoon over the custard.
- ☐ Sprinkle with the flaked almonds and grated chocolate. You can make this a day in advance if you like, chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:8.11, Inflammation Score:-7, Nutrition Score:16.089130453441%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 456.57kcal (22.83%), Fat: 26.74g (41.14%), Saturated Fat: 14.28g (89.23%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 33.19g (12.07%), Sugar: 21.43g (23.81%), Cholesterol: 123.42mg (41.14%), Sodium: 116.9mg (5.08%), Alcohol: 1.3g (100%), Alcohol %: 0.55% (100%), Protein: 17.09g (34.17%), Vitamin C: 35.22mg (42.68%), Vitamin B2: 0.53mg (31.32%), Phosphorus: 256.32mg (25.63%), Calcium: 254.18mg (25.42%), Selenium: 17.25µg (24.65%), Vitamin B12: 1.47µg (24.44%), Zinc: 3.06mg (20.4%), Vitamin A: 999.43IU (19.99%), Vitamin B6: 0.32mg (16.01%), Potassium: 520.5mg (14.87%), Vitamin D: 2.18µg (14.52%), Vitamin B3: 2.7mg (13.5%), Vitamin E: 2.01mg (13.42%), Magnesium: 48.77mg (12.19%), Fiber: 3.01g (12.02%), Vitamin B5: 1.17mg (11.68%), Vitamin B1: 0.16mg (10.68%), Folate: 36.67µg (9.17%), Iron: 1.55mg (8.63%), Copper: 0.17mg (8.45%), Manganese: 0.16mg (8.22%), Vitamin K: 2.26µg (2.16%)