



Classic English Trifle

READY IN



45 min.

SERVINGS



15

CALORIES



649 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup butter softened
- ☐ 2 cups cake flour sifted
- ☐ 15 servings custard sauce boiled
- ☐ 5 eggs
- ☐ 1.5 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup golden sherry divided
- ☐ 3 cups strawberries fresh washed hulled halved

- ☐ 15 servings strawberries fresh whole washed and drained
- ☐ 1 cup strawberry preserves
- ☐ 1.5 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

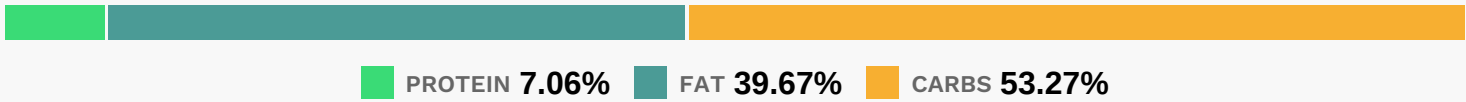
Directions

- ☐ Cream butter in a medium mixing bowl; gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Add lemon juice, vanilla, and almond extract, beating well.
- ☐ Combine cake flour and salt; gradually add to creamed mixture, beating constantly. Beat at medium speed of an electric mixer 8 to 10 minutes.
- ☐ Pour batter into a greased 10-inch tube pan.
- ☐ Bake at 325 for 1 hour and 10 minutes or until cake tests done. Cool in pan 15 minutes.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Slice cake into 1/4-inch slices; trim and discard crust. Line the bottom of a 16-cup trifle bowl with one-third of cake slices; sprinkle with 1 /4 cup sherry. Arrange strawberry halves, cut side out, around lower edge of bowl. Spoon 2 cups Boiled Custard over cake slices; place one-third of cake slices over custard. Gently spread strawberry preserves over cake; top with remaining cake slices.
- ☐ Pour remaining sherry over surface of trifle. Spoon remaining custard on top. Cover and chill.
- ☐ Top trifle with whipped cream and garnish with whole strawberries.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:43.31, Inflammation Score:-8, Nutrition Score:20.165652150693%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 42.94mg, Pelargonidin: 42.94mg, Pelargonidin: 42.94mg, Pelargonidin: 42.94mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 648.64kcal (32.43%), Fat: 28.78g (44.27%), Saturated Fat: 16.65g (104.04%), Carbohydrates: 86.94g (28.98%), Net Carbohydrates: 82.83g (30.12%), Sugar: 47.19g (52.43%), Cholesterol: 185.9mg (61.97%), Sodium: 291.91mg (12.69%), Alcohol: 1.3g (100%), Alcohol %: 0.38% (100%), Protein: 11.53g (23.06%), Vitamin C: 104.47mg (126.62%), Manganese: 0.84mg (41.89%), Selenium: 21.72µg (31.03%), Phosphorus: 294.01mg (29.4%), Vitamin B2: 0.5mg (29.32%), Calcium: 259.64mg (25.96%), Vitamin A: 1085.02IU (21.7%), Potassium: 647.62mg (18.5%), Folate: 70.87µg (17.72%), Fiber: 4.11g (16.44%), Vitamin B5: 1.59mg (15.89%), Vitamin D: 2.37µg (15.77%), Vitamin B12: 0.93µg (15.46%), Magnesium: 55.14mg (13.79%), Vitamin B6: 0.22mg (11.13%), Vitamin B1: 0.16mg (10.45%), Iron: 1.78mg (9.87%), Copper: 0.19mg (9.69%), Vitamin E: 1.41mg (9.37%), Zinc: 1.39mg (9.29%), Vitamin K: 6.05µg (5.76%), Vitamin B3: 1.08mg (5.38%)