



Coconut-Cranberry Trifle

 Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



492 kcal

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 6 tablespoons grand marnier divided
- ☐ 4 cups milk
- ☐ 2 tablespoons orange rind grated rind of 2 oranges
- ☐ 16 ounce round cake frozen thawed cut into 1
- ☐ 12 ounce currant jelly red with crosse & blackwell
- ☐ 1.5 cups coconut or sweetened divided flaked toasted
- ☐ 10.2 ounce vanilla pudding mix instant
- ☐ 2 cups non-dairy whipped topping frozen thawed

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16 ounce whole-berry cranberry sauce canned

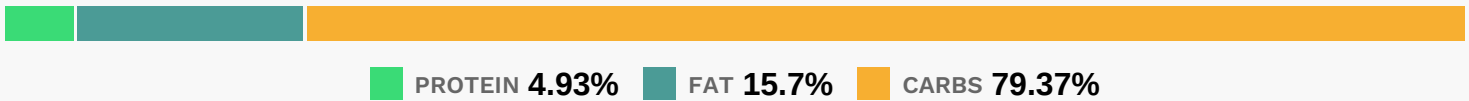
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a medium saucepan. Bring to a boil over medium heat; cook 1 minute or until thickened and bubbly. Chill 45 minutes or until completely cooled, stirring occasionally.
- ☐ Combine pudding mix and milk in a large bowl; whisk 2 minutes or until thickened.
- ☐ Place one-third of pound cake cubes in a 3-quart trifle bowl; drizzle with 2 tablespoons liqueur. Top with one-third of cranberry-orange sauce and one-third of pudding.
- ☐ Sprinkle with 1/2 cup coconut.
- ☐ Repeat layers twice using remaining cake cubes, orange liqueur, cranberry-orange sauce, pudding, and coconut, reserving last 1/2 cup coconut for garnish.
- ☐ Spread whipped topping over trifle.
- ☐ Sprinkle with reserved coconut. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:12.01, Inflammation Score:-2, Nutrition Score:7.3434782028198%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 491.72kcal (24.59%), Fat: 8.43g (12.97%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 95.92g (31.97%), Net Carbohydrates: 93.69g (34.07%), Sugar: 71.95g (79.94%), Cholesterol: 48.57mg (16.19%), Sodium: 470.35mg (20.45%), Alcohol: 1.95g (100%), Alcohol %: 1.02% (100%), Protein: 5.96g (11.92%), Phosphorus: 161.93mg (16.19%), Vitamin B2: 0.26mg (15.36%), Calcium: 146.25mg (14.63%), Selenium: 7.98µg (11.4%), Manganese: 0.22mg (11.11%), Vitamin B1: 0.15mg (10.21%), Vitamin B12: 0.55µg (9.25%), Fiber: 2.23g (8.9%), Iron: 1.53mg (8.5%), Potassium: 252.02mg (7.2%), Vitamin D: 0.97µg (6.47%), Magnesium: 22.57mg (5.64%), Folate: 22.26µg (5.56%), Copper: 0.1mg (5.22%), Vitamin C: 4.23mg (5.13%), Vitamin B5: 0.51mg (5.09%), Vitamin B3: 0.97mg (4.85%), Vitamin A: 219.3IU (4.39%), Vitamin B6: 0.09mg (4.38%), Zinc: 0.65mg (4.35%), Vitamin E: 0.58mg (3.88%), Vitamin K: 1.25µg (1.19%)