



Cranberry and Chocolate Trifle

READY IN



35 min.

SERVINGS



10

CALORIES



755 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup cornstarch
- ☐ 24 oz cranberries fresh
- ☐ 1 ounce chocolate dark grated
- ☐ 4 large egg yolks
- ☐ 3 cups heavy cream
- ☐ 30 ladyfingers
- ☐ 1 cup orange juice
- ☐ 1 tablespoon orange zest grated

- ☐ 1.5 tablespoons orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup sugar
- ☐ 1.7 cups sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups milk whole
- ☐ 0.8 cup a combination

Equipment

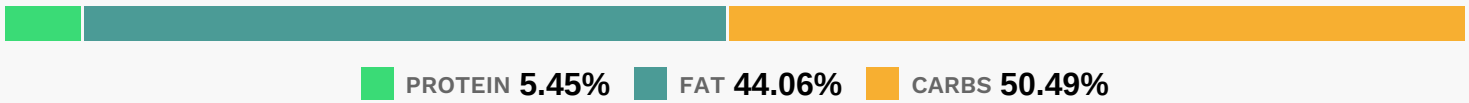
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine all ingredients in a heavy saucepan. Bring to boil, stirring until sugar dissolves. Reduce heat and simmer until cranberries pop, 5 minutes.
- ☐ Let cool. (Can be prepared one day ahead; cover and refrigerate.)
- ☐ Make pudding: Bring 1 1/2 cups milk, sugar and cocoa to simmer over medium–low heat.
- ☐ Remove from heat. In a bowl, whisk remaining 1/2 cup milk with cornstarch, egg yolks, vanilla and salt.
- ☐ Slowly add hot milk to egg mixture, whisking constantly. Return to pan.
- ☐ Whisk over medium–high heat until pudding boils. Lower heat and whisk until pudding becomes very thick, about 3 minutes.
- ☐ Remove from heat, add chocolate chips and stir until melted.
- ☐ Pour into bowl, cover surface with plastic wrap and chill for 4 hours or overnight.

- ☐ Set aside 3/4 cup of compote. Whip cream until stiff peaks form, reserving 1 1/2 cups. Fold remaining cream gently into chocolate pudding.
- ☐ Cover bottom of trifle bowl with ladyfingers.
- ☐ Add 1/3 of orange juice or liqueur.
- ☐ Spread 1/3 of compote over ladyfingers; cover with 1/3 of pudding mixture. Repeat, layering twice more.
- ☐ Spread reserved cream on top. Spoon reserved compote into center of bowl.
- ☐ Garnish with zest and grated chocolate. Chill 1 hour; serve.

Nutrition Facts



Properties

Glycemic Index:30.32, Glycemic Load:35.24, Inflammation Score:-8, Nutrition Score:15.84217382514%

Flavonoids

Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.52mg, Myricetin: 4.52mg, Myricetin: 4.52mg, Myricetin: 4.52mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 754.98kcal (37.75%), Fat: 36.58g (56.27%), Saturated Fat: 21.52g (134.51%), Carbohydrates: 94.3g (31.43%), Net Carbohydrates: 88.8g (32.29%), Sugar: 61.42g (68.24%), Cholesterol: 233.35mg (77.78%), Sodium: 153.65mg (6.68%), Alcohol: 4.74g (100%), Alcohol %: 1.81% (100%), Caffeine: 21.92mg (7.31%), Protein: 10.18g (20.36%), Manganese: 0.68mg (33.81%), Vitamin A: 1511.59IU (30.23%), Vitamin C: 24.4mg (29.58%), Vitamin B2: 0.43mg (25.14%), Phosphorus: 243.85mg (24.38%), Fiber: 5.5g (22.01%), Copper: 0.4mg (19.8%), Iron: 3.04mg (16.87%), Calcium: 156.07mg (15.61%), Magnesium: 61.57mg (15.39%), Vitamin D: 2.05µg (13.64%), Vitamin B12: 0.78µg (12.94%), Vitamin B1: 0.19mg (12.44%), Selenium: 8.71µg (12.44%), Vitamin B5: 1.23mg (12.33%), Vitamin E:

1.83mg (12.2%), Folate: 48.15µg (12.04%), Potassium: 420.33mg (12.01%), Zinc: 1.54mg (10.29%), Vitamin B6: 0.18mg (8.94%), Vitamin K: 6.71µg (6.39%), Vitamin B3: 1.18mg (5.89%)