



Cranberry-Orange Trifle

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 1 large eggs
- ☐ 36 ladyfingers (3 [3-ounce] packages)
- ☐ 1.8 cups milk 2% divided reduced-fat
- ☐ 2 pounds navel oranges
- ☐ 1.3 cups orange juice fresh (6 oranges)
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

Equipment

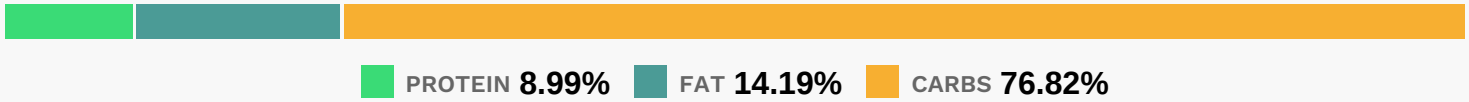
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ To prepare the cranberry sauce, combine the first 5 ingredients in a medium saucepan, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes, stirring occasionally. Press the cranberry mixture through a sieve over a bowl, reserving 1 2/3 cups cranberry pure, and discard solids. Cover sauce and chill.
- ☐ To prepare the custard, combine 1/4 cup milk and egg in a small bowl, and stir well with a whisk.
- ☐ Place 1/3 cup sugar, cornstarch, and salt in a medium saucepan, and gradually add 1 1/2 cups milk, stirring with a whisk until well-blended. Bring to a boil over medium heat, and cook 1 minute, stirring mixture constantly. Gradually stir about one-fourth of hot milk mixture into egg mixture; add to remaining milk mixture, stirring constantly. Cook over medium heat 3 minutes or until thick, stirring constantly.
- ☐ Remove from heat, and stir in vanilla.
- ☐ Pour into a bowl, and cover surface of custard with plastic wrap. Chill.
- ☐ Peel oranges, removing white pithy part.
- ☐ Cut each orange in half lengthwise.
- ☐ Cut each half crosswise into thin slices; set aside.
- ☐ Split ladyfingers; tear each half into thirds. Line the bottom of a 3-quart straight-sided glass bowl or trifle bowl with half of ladyfingers. Spoon 1 cup custard over ladyfingers. Spoon half of

the cranberry sauce over the custard. Arrange half of orange slices over the cranberry sauce and around the inside edge of bowl. Repeat the procedure, ending with orange slices. Cover and chill 8 hours. Top each serving with 1 tablespoon whipped topping and 1 teaspoon almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:18.21, Inflammation Score:-8, Nutrition Score:15.452608619047%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 29.43mg, Hesperetin: 29.43mg, Hesperetin: 29.43mg, Hesperetin: 29.43mg Naringenin: 8.88mg, Naringenin: 8.88mg, Naringenin: 8.88mg, Naringenin: 8.88mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 401.43kcal (20.07%), Fat: 6.49g (9.99%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 79.07g (26.36%), Net Carbohydrates: 74.41g (27.06%), Sugar: 38.2g (42.44%), Cholesterol: 136.77mg (45.59%), Sodium: 182.22mg (7.92%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 9.25g (18.5%), Vitamin C: 92.96mg (112.68%), Vitamin B2: 0.42mg (24.63%), Folate: 94.35µg (23.59%), Vitamin B1: 0.28mg (18.72%), Fiber: 4.66g (18.66%), Phosphorus: 183.35mg (18.34%), Manganese: 0.32mg (16.15%), Vitamin A: 746.31IU (14.93%), Calcium: 146.56mg (14.66%), Vitamin B5: 1.33mg (13.29%), Potassium: 438.65mg (12.53%), Iron: 2.24mg (12.46%), Vitamin B12: 0.7µg (11.67%), Vitamin B6: 0.22mg (11.04%), Vitamin B3: 1.78mg (8.9%), Magnesium: 32.04mg (8.01%), Copper: 0.15mg (7.29%), Zinc: 1.05mg (6.99%), Vitamin E: 0.83mg (5.53%), Selenium: 3.5µg (5.01%), Vitamin K: 2.29µg (2.18%)