



Cranberry-Orange Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 5 tablespoons cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup grand marnier (or other orange liqueur)
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 0.8 cup orange juice fresh
- ☐ 1 teaspoon orange rind
- ☐ 10.8 ounce round cake cut into 1/2-inch cubes (such as Sara Lee)

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

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

Directions

- ☐ To prepare cranberries, combine 3/4 cup sugar, orange juice, and Grand Marnier in a medium saucepan over medium-high heat; cook 3 minutes until sugar dissolves, stirring occasionally.
- ☐ Add cranberries to pan; bring to a boil. Reduce heat; simmer 8 minutes or until cranberries pop. Spoon mixture into a bowl; cover and chill.
- ☐ To prepare pastry cream, combine 1/2 cup sugar and cornstarch in a medium, heavy saucepan over medium heat. Gradually add milk to pan, stirring with a whisk until blended; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat. Gradually add half of hot milk mixture to eggs, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat 1 minute or until thick, stirring constantly.
- ☐ Remove from heat. Stir in vanilla and salt.
- ☐ Place pan in a large ice-filled bowl until custard cools to room temperature (about 25 minutes), stirring occasionally.
- ☐ Arrange half of cake cubes in the bottom of a 2-quart trifle dish. Spoon 1 1/2 cups cranberry mixture over cake; top with 1 1/2 cups pastry cream. Repeat layers.
- ☐ Garnish with rind. Cover loosely with plastic wrap, and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:16.44, Inflammation Score:-3, Nutrition Score:5.632608724677%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 240.3kcal (12.01%), Fat: 2.6g (4.01%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 47.2g (17.16%), Sugar: 36.81g (40.9%), Cholesterol: 60.84mg (20.28%), Sodium: 219.07mg (9.52%), Alcohol: 1.51g (100%), Alcohol %: 1.22% (100%), Protein: 4.3g (8.6%), Vitamin C: 12.04mg (14.6%), Vitamin B2: 0.21mg (12.53%), Phosphorus: 103.08mg (10.31%), Selenium: 6.38µg (9.11%), Calcium: 86.1mg (8.61%), Manganese: 0.17mg (8.59%), Vitamin B1: 0.1mg (6.8%), Vitamin B12: 0.4µg (6.6%), Folate: 23.29µg (5.82%), Iron: 0.97mg (5.41%), Vitamin B5: 0.54mg (5.38%), Fiber: 1.23g (4.9%), Potassium: 162.49mg (4.64%), Vitamin A: 182.97IU (3.66%), Vitamin E: 0.54mg (3.63%), Vitamin B6: 0.07mg (3.44%), Zinc: 0.51mg (3.42%), Magnesium: 12.97mg (3.24%), Vitamin B3: 0.64mg (3.22%), Copper: 0.05mg (2.66%), Vitamin K: 1.61µg (1.53%), Vitamin D: 0.22µg (1.45%)