



Cranberry-Peach Gingerbread Trifle

 Vegetarian  Gluten Free

READY IN



340 min.

SERVINGS



12

CALORIES



301 kcal

DESSERT

Ingredients

- 14.5 oz betty limited edition gingerbread cookie mix
- 1.3 cups water
- 1 eggs
- 0.5 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.5 teaspoon cinnamon
- 1.5 cups cranberry juice cocktail
- 1.5 cups cranberries fresh

- 3.4 oz reg. size containers lemon pudding instant
- 2 cups milk
- 0.5 cup whipping cream
- 29 oz peaches drained canned

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- plastic wrap

Directions

- Heat oven to 350°F. Prepare and bake gingerbread mix as directed on package using water and egg.
- Remove from pan; place on wire rack. Cool 1 1/2 hours or until completely cooled.
- Meanwhile, in medium saucepan, combine brown sugar, cornstarch and cinnamon; mix well.
- Add cranberry juice and cranberries. Cook over medium heat until bubbly, thickened and most cranberries have popped, stirring constantly.
- Place plastic wrap on surface of cranberry mixture; set aside.
- In medium bowl, prepare pudding mix as directed on package using milk. In small bowl, beat whipping cream until soft peaks form. Fold 1 cup of the pudding into whipped cream. Reserve remaining pudding.
- Cut gingerbread into 1-inch cubes. Arrange 1/3 of gingerbread cubes in bottom of clear glass 2 1/2-quart soufflé dish or trifle bowl. Top with half of the peach slices; spoon half of cranberry mixture over peaches. Top with another 1/3 of gingerbread. Top with remaining peaches; spoon reserved pudding over peaches. Top with remaining gingerbread. Press lightly to compact layers. Spoon remaining cranberry mixture over gingerbread. Top with whipped cream-pudding mixture. Refrigerate at least 3 hours or overnight before serving.

Nutrition Facts

PROTEIN 5.72% FAT 26.58% CARBS 67.7%

Properties

Glycemic Index:15.69, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:16.562173947044%

Flavonoids

Cyanidin: 7.24mg, Cyanidin: 7.24mg, Cyanidin: 7.24mg, Cyanidin: 7.24mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.27mg, Peonidin: 6.27mg, Peonidin: 6.27mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 301.39kcal (15.07%), Fat: 9.82g (15.11%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 49.67g (18.06%), Sugar: 23.86g (26.51%), Cholesterol: 29.73mg (9.91%), Sodium: 95.51mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Manganese: 5.56mg (277.77%), Iron: 7.21mg (40.06%), Vitamin C: 26.01mg (31.53%), Calcium: 306.54mg (30.65%), Fiber: 6.61g (26.45%), Magnesium: 60.63mg (15.16%), Vitamin K: 13.2µg (12.57%), Copper: 0.24mg (12.23%), Potassium: 413.6mg (11.82%), Phosphorus: 112.1mg (11.21%), Vitamin A: 554.49IU (11.09%), Vitamin E: 1.55mg (10.32%), Selenium: 7.13µg (10.19%), Vitamin B6: 0.2mg (10%), Vitamin B2: 0.16mg (9.66%), Zinc: 1.24mg (8.25%), Vitamin B3: 1.41mg (7.05%), Vitamin B1: 0.09mg (5.96%), Vitamin D: 0.68µg (4.53%), Vitamin B12: 0.27µg (4.47%), Vitamin B5: 0.41mg (4.06%), Folate: 14.67µg (3.67%)