



## Cranberry-Peach Gingerbread Trifle

READY IN



340 min.

SERVINGS



12

CALORIES



312 kcal

DESSERT

### Ingredients

- 0.5 cup brown sugar packed
- 0.5 teaspoon cinnamon
- 14.5 oz duncan hines classic decadent cake mix
- 2 tablespoons cornstarch
- 1.5 cups cranberries fresh
- 1.5 cups cranberry juice cocktail
- 1 eggs
- 3.4 oz reg. size containers lemon pudding instant
- 2 cups milk

- 29 oz peaches drained canned
- 1.3 cups water
- 0.5 cup whipping cream

## Equipment

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

## Directions

- Heat oven to 350F. 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 souffl 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 5.26% ■ FAT 19.08% ■ CARBS 75.66%

## Properties

Glycemic Index:15.69, Glycemic Load:6.13, Inflammation Score:-5, Nutrition Score:7.9047825958418%

## 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, 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: 311.67kcal (15.58%), Fat: 6.77g (10.41%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 58.49g (21.27%), Sugar: 35.61g (39.57%), Cholesterol: 29.73mg (9.91%), Sodium: 315.09mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin C: 18mg (21.82%), Phosphorus: 187.12mg (18.71%), Calcium: 147.94mg (14.79%), Vitamin B2: 0.19mg (11.27%), Manganese: 0.2mg (9.9%), Selenium: 6.89µg (9.85%), Vitamin A: 465.08IU (9.3%), Vitamin B1: 0.12mg (7.93%), Vitamin E: 1.18mg (7.9%), Fiber: 1.92g (7.68%), Folate: 30.43µg (7.61%), Vitamin B3: 1.46mg (7.3%), Iron: 1.13mg (6.26%), Potassium: 207.72mg (5.93%), Copper: 0.11mg (5.33%), Vitamin B5: 0.51mg (5.07%), Vitamin D: 0.68µg (4.53%), Vitamin B12: 0.27µg (4.47%), Magnesium: 17.81mg (4.45%), Vitamin K: 4.4µg (4.19%), Zinc: 0.58mg (3.89%), Vitamin B6: 0.07mg (3.63%)