



WHATSheATE



Cranberry Trifle Squares



Gluten Free

READY IN



155 min.

SERVINGS



7

CALORIES



654 kcal

DESSERT

Ingredients

- ☐ 2 cups sugar
- ☐ 1.5 cups water
- ☐ 12 ounces cranberries fresh
- ☐ 0.5 teaspoon almond extract
- ☐ 2 cups whipping cream (heavy)
- ☐ 0.3 cup sugar
- ☐ 10.8 ounces round cake frozen thawed cut into 10 slices
- ☐ 1 cup p of sugar crushed

☐ 0.3 cup almonds sliced

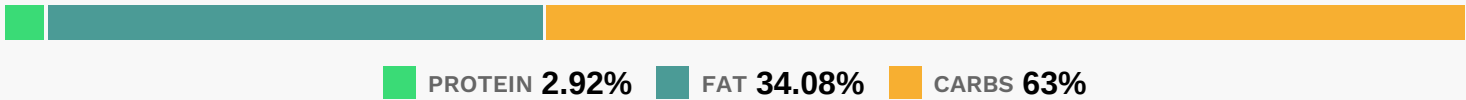
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Mix 2 cups sugar and the water in 2-quart saucepan. heat to boiling over high heat, stirring occasionally. Boil 10 minutes. Stir in cranberries; reduce heat to medium-high. Cook uncovered 3 to 4 minutes or until all the cranberries have popped. Stir in almond extract; cool.
- ☐ Beat whipping cream and 1/4 cup sugar in chilled large bowl with electric mixer on high speed until stiff.
- ☐ Arrange cake slices in bottom of rectangular baking dish, 11x7x1 1/2 inches, cutting slices if necessary to cover bottom of dish. Spoon cranberry sauce over cake.
- ☐ Sprinkle with sugar cookies.
- ☐ Spread whipped cream over sugar cookies.
- ☐ Sprinkle with almonds.
- ☐ Cover and refrigerate at least 2 hours before serving.
- ☐ Cut into squares. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:46.76, Inflammation Score:-6, Nutrition Score:8.7743478546972%

Flavonoids

Cyanidin: 22.67mg, Cyanidin: 22.67mg, Cyanidin: 22.67mg, Cyanidin: 22.67mg Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 653.5kcal (32.68%), Fat: 28.18g (43.35%), Saturated Fat: 16.16g (101%), Carbohydrates: 117.19g (39.06%), Net Carbohydrates: 114.67g (41.7%), Sugar: 84.42g (93.8%), Cholesterol: 121.25mg (40.42%), Sodium: 293.81mg (12.77%), Alcohol: 0.1g (100%), Alcohol %: 0.04% (100%), Protein: 5.43g (10.87%), Vitamin A: 1095.85IU (21.92%), Vitamin B2: 0.32mg (18.65%), Manganese: 0.37mg (18.52%), Vitamin E: 2.49mg (16.62%), Phosphorus: 125.52mg (12.55%), Fiber: 2.51g (10.06%), Selenium: 6.62µg (9.45%), Calcium: 93.22mg (9.32%), Vitamin B1: 0.13mg (8.95%), Vitamin C: 7.21mg (8.74%), Iron: 1.56mg (8.66%), Vitamin D: 1.18µg (7.83%), Folate: 25.6µg (6.4%), Magnesium: 24.83mg (6.21%), Copper: 0.12mg (5.98%), Vitamin B5: 0.55mg (5.46%), Vitamin B3: 1.09mg (5.46%), Potassium: 180.4mg (5.15%), Vitamin K: 4.69µg (4.47%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.21µg (3.55%)