

## English Berry Trifle

 **Gluten Free**

READY IN



**350 min.**

SERVINGS



**16**

CALORIES



**268 kcal**

DESSERT

### Ingredients

- 4 large eggs
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 16 ounce round cake
- 0.3 cup cooking sherry sweet to taste (or )
- 2 pints strawberries fresh
- 0.3 cup strawberry jam
- 0.3 cup sugar

- 1 cup sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 2 cups whipped cream chilled

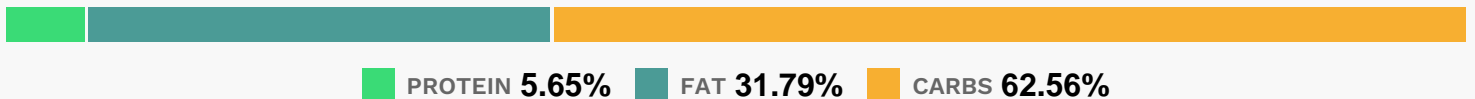
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Whisk eggs, sugar, and lemon juice in heavy medium saucepan to blend.
- Add butter and lemon peel. Stir over medium heat until curd thickens to pudding consistency, about 10 minutes.
- Combine 2 pints strawberries and 1/4 cup sugar in bowl. Mash berries coarsely with fork.
- Let stand until juices form, stirring occasionally, about 30 minutes.
- Cut cake crosswise into 8 pieces.
- Cut each piece into 3 strips. Line bottom of 3-quart trifle bowl with 8 cake strips, trimming to fit.
- Drizzle with 3 tablespoons Sherry or Port; spread with a thin layer of preserves, then spread 2/3 cup curd, then half of mashed berries. Repeat layering. Top with remaining cake, alcohol, preserves, and curd. Cover; chill (preferably overnight). Beat cream and 3 tablespoons sugar in bowl until peaks form; spread over trifle. Mound remaining berries in center.

## Nutrition Facts



## Properties

Glycemic Index:19.07, Glycemic Load:14.76, Inflammation Score:-4, Nutrition Score:7.2921739130435%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 268.45kcal (13.42%), Fat: 9.62g (14.8%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 41.16g (14.97%), Sugar: 32.3g (35.89%), Cholesterol: 96.37mg (32.12%), Sodium: 198.46mg (8.63%), Alcohol: 0.39g (2.15%), Protein: 3.85g (7.7%), Vitamin C: 37.7mg (45.69%), Manganese: 0.3mg (14.97%), Selenium: 7.04µg (10.06%), Vitamin B2: 0.16mg (9.55%), Folate: 35.52µg (8.88%), Phosphorus: 88.3mg (8.83%), Iron: 1.29mg (7.16%), Vitamin A: 347.4IU (6.95%), Vitamin B1: 0.09mg (6.25%), Fiber: 1.44g (5.75%), Calcium: 47.95mg (4.79%), Potassium: 161.44mg (4.61%), Vitamin B5: 0.44mg (4.42%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.6mg (3.99%), Vitamin B6: 0.07mg (3.65%), Magnesium: 14.22mg (3.56%), Vitamin B12: 0.21µg (3.55%), Copper: 0.06mg (3.23%), Vitamin D: 0.44µg (2.95%), Zinc: 0.44mg (2.9%), Vitamin K: 2.05µg (1.95%)