

English Trifle

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



1112 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 6 egg yolks
- ☐ 0.7 cup granulated sugar
- ☐ 2 cups heavy cream chilled
- ☐ 2 tablespoons brown sugar light
- ☐ 2 cups fat milk whole 2% 1%
- ☐ 0.5 cup nuts ground with 1/2 cup sugar
- ☐ 6 cups pound cake scraps and crumbs

- ☐ 0.3 cup cooking sherry orange flavored
- ☐ 1 cup simple syrup glaze room temperature 2 parts water, 1 part sugar brought to a boil and allowed to cool to
- ☐ 2 pints strawberries with 1/4 of cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 vanilla bean lengthwise split

Equipment

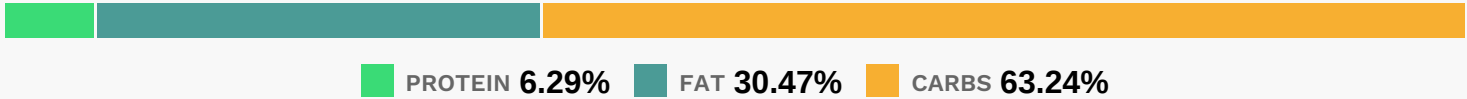
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ In a large bowl toss together the cake scraps, simple syrup, and liquor to moisten the cake.
- ☐ In a trifle bowl or individual glass stemware, layer the ingredients in the following order: cake, Vanilla Pastry Cream, Brown Sugar Whipped Cream, nuts and strawberries, repeating until the container is full, ending with whipped cream as the top layer. Cover tightly with plastic wrap. (Can be made a day in advance up to this point and is actually better if allowed to sit over night.) Decorate with more fruit and finely chopped nuts, or rosettes of whipped cream and strawberries.
- ☐ Bring the milk and vanilla bean to a boil in a medium sauce pan over medium heat and set aside to infuse for 10 to 15 minutes.
- ☐ Whisk the egg yolks and granulated sugar until light and fluffy.
- ☐ Add the cornstarch and whisk vigorously until no lumps remain.
- ☐ Whisk 1/4 cup of the hot milk mixture into the yolks until incorporated.
- ☐ Whisk in the remaining hot milk mixture.
- ☐ Pour the mixture through a strainer back into the saucepan. Cook over medium-high heat, whisking constantly, until thickened and slowly boiling.
- ☐ Remove from the heat and stir in the butter.

- ☐ Let cool slightly. Cover with plastic wrap, lightly pressing the plastic against the surface to prevent a skin from forming. Chill at least two hours. (The pastry cream can be made up to 24 hours in advance. Refrigerate until 1 hour before using.)
- ☐ Whip the cream and brown sugar until stiff.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:15.87, Inflammation Score:-8, Nutrition Score:27.746521700983%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1111.82kcal (55.59%), Fat: 38.31g (58.93%), Saturated Fat: 19.07g (119.19%), Carbohydrates: 178.91g (59.64%), Net Carbohydrates: 174.81g (63.57%), Sugar: 126.1g (140.12%), Cholesterol: 405.11mg (135.04%), Sodium: 1179.81mg (51.3%), Alcohol: 0.77g (100%), Alcohol %: 0.19% (100%), Protein: 17.8g (35.61%), Vitamin C: 69.95mg (84.79%), Manganese: 1.03mg (51.38%), Vitamin B2: 0.82mg (48.17%), Phosphorus: 465.18mg (46.52%), Iron: 7.66mg (42.54%), Vitamin B1: 0.6mg (40.17%), Selenium: 27.69µg (39.56%), Folate: 138.54µg (34.63%), Vitamin A: 1500.68IU (30.01%), Calcium: 290.46mg (29.05%), Vitamin B3: 4.46mg (22.32%), Vitamin B5: 1.9mg (18.97%), Vitamin B12: 1.12µg (18.61%), Vitamin D: 2.73µg (18.22%), Magnesium: 72.69mg (18.17%), Potassium: 609.85mg (17.42%), Fiber: 4.1g (16.4%), Copper: 0.31mg (15.65%), Zinc: 2.21mg (14.74%), Vitamin B6: 0.28mg (14.24%), Vitamin E: 1.74mg (11.57%), Vitamin K: 5.29µg (5.04%)