



HEALTH SCORE

72%

English Trifle



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



5448 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 pint blueberries
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 pint heavy cream
- ☐ 4.6 ounce non-instant vanilla pudding mix
- ☐ 0.5 cup butter
- ☐ 4 peaches fresh pitted peeled sliced

- ☐ 8 ounce raspberry jam seedless
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cooking sherry
- ☐ 1 pint strawberries fresh rinsed sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

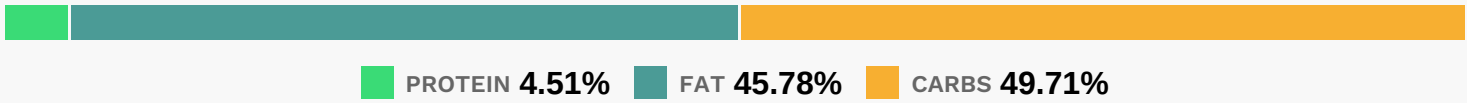
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x8 inch cake pan.
- ☐ In large bowl, cream together margarine and 1/2 cup sugar. Beat in eggs, one at a time.
- ☐ Combine flour, baking powder and salt. Fold dry ingredients into butter mixture.
- ☐ Pour into prepared pan.
- ☐ Bake 25 minutes, or until cake springs back when lightly touched in center. Cool in pan for five minutes, then remove from pan and cool completely on wire rack.
- ☐ Cut into narrow pieces about 1 1/2 inches by 4 inches. Set aside.
- ☐ In large bowl, beat cream with electric mixer until soft peaks form. Beat in 1/4 cup sugar and vanilla and continue to beat until stiff peaks form. Set aside.
- ☐ Prepare vanilla pudding according to package directions. Set aside.
- ☐ Brush each piece of cake with raspberry jam. Use half the cake pieces to line the bottom of a trifle bowl or other glass serving dish.
- ☐ Sprinkle half of the sherry over cake.

Layer half the peaches, strawberries and blueberries on top. Cover with half the pudding and a third of the whipped cream. Repeat layers with remaining cake, sherry, fruit and pudding. Top with remaining whipped cream. Chill in refrigerator at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:427.34, Glycemic Load:295.64, Inflammation Score:-10, Nutrition Score:80.730434666509%

Flavonoids

Cyanidin: 59.5mg, Cyanidin: 59.5mg, Cyanidin: 59.5mg, Cyanidin: 59.5mg Petunidin: 149.71mg, Petunidin: 149.71mg, Petunidin: 149.71mg, Petunidin: 149.71mg Delphinidin: 169.11mg, Delphinidin: 169.11mg, Delphinidin: 169.11mg, Delphinidin: 169.11mg Malvidin: 319.94mg, Malvidin: 319.94mg, Malvidin: 319.94mg, Malvidin: 319.94mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 96.24mg, Peonidin: 96.24mg, Peonidin: 96.24mg, Peonidin: 96.24mg Catechin: 70.19mg, Catechin: 70.19mg, Catechin: 70.19mg, Catechin: 70.19mg Epigallocatechin: 13.05mg, Epigallocatechin: 13.05mg, Epigallocatechin: 13.05mg, Epigallocatechin: 13.05mg Epicatechin: 19.62mg, Epicatechin: 19.62mg, Epicatechin: 19.62mg, Epicatechin: 19.62mg Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg Epigallocatechin 3-gallate: 2.32mg, Epigallocatechin 3-gallate: 2.32mg, Epigallocatechin 3-gallate: 2.32mg, Epigallocatechin 3-gallate: 2.32mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 11.55mg, Kaempferol: 11.55mg, Kaempferol: 11.55mg, Kaempferol: 11.55mg Myricetin: 6.35mg, Myricetin: 6.35mg, Myricetin: 6.35mg, Myricetin: 6.35mg Quercetin: 45.55mg, Quercetin: 45.55mg, Quercetin: 45.55mg, Quercetin: 45.55mg Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg

Nutrients (% of daily need)

Calories: 5448.3kcal (272.41%), Fat: 278.14g (427.91%), Saturated Fat: 131.34g (820.85%), Carbohydrates: 679.75g (226.58%), Net Carbohydrates: 640.74g (233%), Sugar: 400.36g (444.84%), Cholesterol: 862.05mg (287.35%), Sodium: 3697.13mg (160.74%), Alcohol: 13.74g (100%), Alcohol %: 0.58% (100%), Protein: 61.59g (123.19%), Vitamin C: 371.75mg (450.61%), Manganese: 5.56mg (277.98%), Vitamin A: 13759.08IU (275.18%), Selenium: 136.47µg (194.96%), Vitamin B2: 3.12mg (183.47%), Folate: 665.84µg (166.46%), Fiber: 39.01g (156.03%), Vitamin B1: 2.33mg (155.58%), Vitamin K: 136.27µg (129.79%), Vitamin E: 17.65mg (117.66%), Phosphorus: 1124.74mg (112.47%), Vitamin B3: 22.18mg (110.9%), Iron: 19.27mg (107.04%), Potassium: 2966.47mg (84.76%), Copper: 1.66mg (83.09%), Calcium: 738.4mg (73.84%), Magnesium: 255.24mg (63.81%), Vitamin D: 9.33µg (62.21%), Vitamin B5: 5.81mg (58.06%), Vitamin B6: 1.15mg (57.33%), Zinc: 6.92mg (46.14%), Vitamin B12: 1.65µg (27.56%)