



Eton mess trifle

READY IN



40 min.

SERVINGS



6

CALORIES



557 kcal

DESSERT

Ingredients

- ☐ 1 small jam sliced
- ☐ 450 g strawberries hulled
- ☐ 1 vanilla pod split for the coulis, below (save the pod)
- ☐ 2 tbsp powdered sugar
- ☐ 500 ml double cream
- ☐ 150 ml yogurt
- ☐ 16 large no boil lasagna noodles mini (or use 8 larger meringues broken into pieces)
- ☐ 1 tbsp almonds flaked toasted
- ☐ 140 g strawberries chopped

- ☐ 2 tbsp brown sugar
- ☐ 1 vanilla pod
- ☐ 100 ml cooking sherry sweet

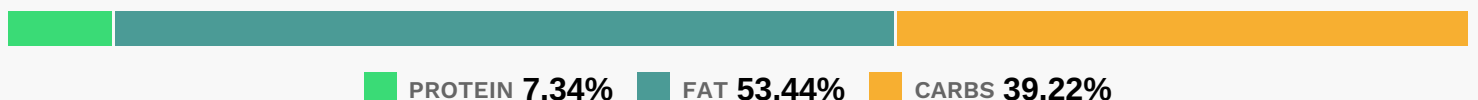
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ First make the coulis. Put all the ingredients in a pan, bring to a simmer and bubble for a few mins until the sugar has dissolved and the strawberries have started to soften.
- ☐ Remove the vanilla pod and tip the strawberries into a blender or food processor. Whizz until smooth, then sieve into a bowl to remove the seeds. Leave to cool.
- ☐ Youll need a large trifle bowl or shallow dish to assemble the trifle. Arrange the Swiss roll slices on the sides and bottom of the bowl and drizzle over about 4 tbsp of the coulis.
- ☐ Cut enough strawberries in half to line the edge of the bowl and place them, cut-side facing out, on top of the Swiss roll layer. Save about 8 nice strawberries for the top of the trifle, slice the remaining ones and mix with 2 tbsp of the coulis.
- ☐ Add the vanilla seeds and icing sugar to the cream and softly whip. Fold in the yogurt and ripple through the strawberry coulis. Tip half the cream into the trifle bowl, add the sliced strawberries, then half the meringues. Spoon in the remaining cream. Slice the remaining strawberries into halves or quarters and pop these on top with the remaining meringues and the flaked almonds.
- ☐ Serve immediately, before the meringues start to dissolve.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.61, Inflammation Score:-7, Nutrition Score:11.129565363345%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 24.44mg, Pelargonidin: 24.44mg, Pelargonidin: 24.44mg, Pelargonidin: 24.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 557.18kcal (27.86%), Fat: 33.34g (51.29%), Saturated Fat: 19.9g (124.39%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 51.17g (18.61%), Sugar: 16.13g (17.92%), Cholesterol: 119.52mg (39.84%), Sodium: 37.62mg (1.64%), Alcohol: 1.74g (100%), Alcohol %: 0.78% (100%), Protein: 10.31g (20.62%), Vitamin C: 58.47mg (70.87%), Vitamin A: 1269.76IU (25.4%), Manganese: 0.44mg (22.1%), Fiber: 3.89g (15.56%), Vitamin B2: 0.24mg (14.01%), Potassium: 415.65mg (11.88%), Calcium: 111.77mg (11.18%), Phosphorus: 108.07mg (10.81%), Vitamin E: 1.5mg (9.99%), Vitamin D: 1.37µg (9.11%), Folate: 29.73µg (7.43%), Magnesium: 28.32mg (7.08%), Selenium: 3.63µg (5.19%), Vitamin B6: 0.1mg (4.81%), Vitamin K: 4.97µg (4.73%), Vitamin B5: 0.46mg (4.58%), Copper: 0.08mg (3.94%), Vitamin B12: 0.23µg (3.83%), Zinc: 0.57mg (3.77%), Iron: 0.64mg (3.55%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.54mg (2.68%)