



Lemon-Ginger Trifle with Apricots

READY IN



390 min.

SERVINGS



8

CALORIES



740 kcal

DESSERT

Ingredients

- 8 cups angel food cake
- 6 large apricots thinly sliced
- 2 tablespoons cornstarch
- 1.5 teaspoons ground ginger grated
- 0.3 cup juice of lemon
- 1 teaspoon lemon zest grated
- 2 teaspoons butter
- 0.3 teaspoon salt
- 0.8 cup sugar

- 1.3 cups water
- 2 cups cool whip fat-free frozen thawed (from 8-ounce container)

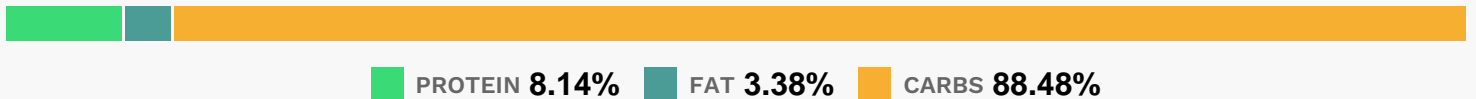
Equipment

- bowl
- sauce pan
- plastic wrap

Directions

- In 2-quart saucepan, mix sugar, cornstarch and salt. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in lemon peel, lemon juice, margarine and gingerroot. Press plastic wrap or waxed paper onto surface. Refrigerate about 4 hours or until chilled.
- In large bowl, gently stir sugar mixture into whipped topping.
- In large clear glass bowl, place one-third of the cake cubes.
- Spread one-third of the lemon mixture over cake cubes. Top with one-third of the apricots. Repeat twice. Cover and refrigerate 2 hours but no longer than 8 hours.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:14.08, Inflammation Score:-5, Nutrition Score:12.239130564358%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 740.41kcal (37.02%), Fat: 2.85g (4.39%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 167.82g (55.94%), Net Carbohydrates: 166.63g (60.59%), Sugar: 96.51g (107.24%), Cholesterol: 3mg (1%), Sodium: 1309.59mg

(56.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Phosphorus: 569.49mg (56.95%), Selenium: 37.17µg (53.11%), Vitamin B2: 0.56mg (33.13%), Calcium: 225.37mg (22.54%), Manganese: 0.3mg (14.85%), Vitamin B1: 0.21mg (14.2%), Potassium: 421.81mg (12.05%), Vitamin A: 583.79IU (11.68%), Copper: 0.2mg (9.82%), Folate: 37.93µg (9.48%), Vitamin C: 5.9mg (7.16%), Magnesium: 24.82mg (6.2%), Vitamin B12: 0.35µg (5.83%), Fiber: 1.19g (4.77%), Iron: 0.75mg (4.19%), Vitamin B5: 0.34mg (3.37%), Vitamin B3: 0.63mg (3.17%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.32mg (2.17%), Vitamin K: 1.16µg (1.11%)