



## French Vanilla Summer Trifle

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

DESSERT

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 3 large egg yolks
- 1 cup evaporated milk fat-free
- 0.7 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 15 cakelike ladyfingers halved lengthwise
- 1.7 cups milk 2% reduced-fat
- 2.5 cups peaches ripe peeled finely chopped

- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine peaches, brown sugar, and cinnamon, tossing well to combine; let stand at room temperature 30 minutes.
- Combine granulated sugar, cornstarch, salt, and egg yolks in a medium bowl, stirring with a whisk until smooth.
- Heat milks in a medium, heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk mixture to sugar mixture, stirring constantly with a whisk.
- Return the milk mixture to saucepan. Cook mixture over medium heat 2 minutes or until thick and bubbly, stirring constantly.
- Remove from heat, and stir in vanilla extract.
- Spoon the custard into a small bowl.
- Place the bowl in a large ice-filled bowl for 15 minutes or until the custard is cool, stirring occasionally.
- Remove bowl from ice.
- Arrange 10 of the ladyfinger halves, cut sides up, in a single layer on the bottom of a 1 1/2-quart souffl or trifle dish. Spoon half of the peach mixture over ladyfingers.
- Spread half of custard over peach mixture. Arrange 10 ladyfinger halves, standing upright, around side of dish. Arrange remaining 10 ladyfinger halves, cut sides up, on top of custard. Spoon remaining peach mixture over ladyfingers.
- Spread remaining custard over peach mixture. Cover and refrigerate 4 hours or overnight.

## Nutrition Facts



■ PROTEIN 10.94% ■ FAT 23.59% ■ CARBS 65.47%

## Properties

Glycemic Index:19.22, Glycemic Load:17.74, Inflammation Score:-4, Nutrition Score:9.6886956588082%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 356.25kcal (17.81%), Fat: 9.48g (14.58%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 59.17g (19.72%), Net Carbohydrates: 57.86g (21.04%), Sugar: 39.07g (43.41%), Cholesterol: 170mg (56.67%), Sodium: 178.25mg (7.75%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 9.89g (19.78%), Vitamin B2: 0.44mg (25.94%), Phosphorus: 240.99mg (24.1%), Calcium: 219.24mg (21.92%), Vitamin B12: 0.79µg (13.11%), Vitamin A: 652.15IU (13.04%), Selenium: 8.97µg (12.82%), Vitamin B5: 1.17mg (11.66%), Folate: 44.12µg (11.03%), Vitamin B1: 0.15mg (10.25%), Potassium: 344.37mg (9.84%), Iron: 1.59mg (8.82%), Zinc: 1.3mg (8.68%), Manganese: 0.14mg (7.09%), Magnesium: 26.68mg (6.67%), Vitamin B6: 0.13mg (6.36%), Vitamin B3: 1.25mg (6.23%), Fiber: 1.31g (5.22%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (4.94%), Vitamin C: 3.56mg (4.32%), Vitamin D: 0.5µg (3.34%), Vitamin K: 2.39µg (2.28%)