



Fruitcake Trifle

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 teaspoon cinnamon
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 tablespoon rum dark
- ☐ 2 tablespoons apricot dried chopped
- ☐ 2 tablespoons cherries dried chopped

- ☐ 2 tablespoons pineapple dried chopped
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup hazelnuts
- ☐ 3 tablespoons butter light
- ☐ 0.3 cup nonfat greek yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract pure

Equipment

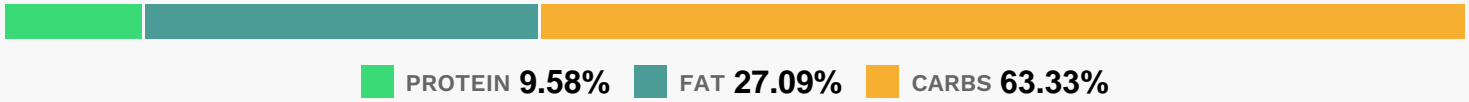
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. In a bowl, mix 1/2 cup sugar and butter until smooth and creamy.
- ☐ Mix in egg and vanilla extract until well combined. In a second bowl, combine flour, cinnamon, baking powder, salt, ginger and cloves.
- ☐ Add half of dry ingredients to butter-egg mixture; mix until just combined.
- ☐ Add yogurt; mix until just combined.

- ☐ Add remaining half of dry ingredients; mix until just combined. Coat a half-loaf pan with cooking spray; add batter; tap bottom of pan on a hard surface several times to remove air bubbles.
- ☐ Bake until a toothpick comes out clean, about 35 minutes. Flip cake onto a wire rack and let cool completely.
- ☐ Spread nuts evenly on a baking sheet; toast until light brown, 10 to 15 minutes.
- ☐ Place nuts in a clean towel; rub gently to remove skins; chop. In a small saucepan, whisk cornstarch into milk until fully dissolved. Bring milk-cornstarch mixture to a boil over medium heat, stirring occasionally; remove from heat. In a bowl, combine remaining 3 tablespoons sugar, egg yolk and rum.
- ☐ Add one third of milk-cornstarch mixture to sugar-rum mixture, whisking constantly; pour into same saucepan; cook over medium-high heat, whisking constantly, until pastry cream thickens, about 2 minutes.
- ☐ Pour cream into a shallow dish; set plastic wrap on surface of cream and let cool completely. Tear cake into chunks. In each of four 7-ounce serving glasses, divide and layer half of cake chunks, half of cooled rum cream, and half of dried fruit and nuts; repeat layers. Refrigerate at least 1 hour and up to 24; remove from fridge 45 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:58.85, Glycemic Load:14.58, Inflammation Score:-7, Nutrition Score:13.403043342673%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 450.36kcal (22.52%), Fat: 13.5g (20.76%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 70.98g (23.66%), Net Carbohydrates: 67.85g (24.67%), Sugar: 44.21g (49.12%), Cholesterol: 104.43mg (34.81%), Sodium: 286.27mg (12.45%), Alcohol: 1.6g (100%), Alcohol %: 1.05% (100%), Protein: 10.74g (21.48%), Manganese: 0.84mg (41.94%), Selenium: 17.71µg (25.3%), Calcium: 208.97mg (20.9%), Vitamin B2: 0.34mg (20.13%), Phosphorus: 197.51mg

(19.75%), Vitamin A: 954.71IU (19.09%), Vitamin B1: 0.28mg (18.97%), Folate: 66.63µg (16.66%), Iron: 2.7mg (15%), Vitamin E: 1.89mg (12.58%), Fiber: 3.13g (12.5%), Vitamin B12: 0.68µg (11.26%), Copper: 0.22mg (11.1%), Potassium: 349.56mg (9.99%), Vitamin B3: 1.88mg (9.39%), Magnesium: 34.38mg (8.6%), Vitamin B5: 0.82mg (8.2%), Vitamin D: 1.22µg (8.11%), Vitamin B6: 0.16mg (7.9%), Zinc: 1.02mg (6.8%), Vitamin K: 2.24µg (2.13%), Vitamin C: 1.62mg (1.97%)