



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

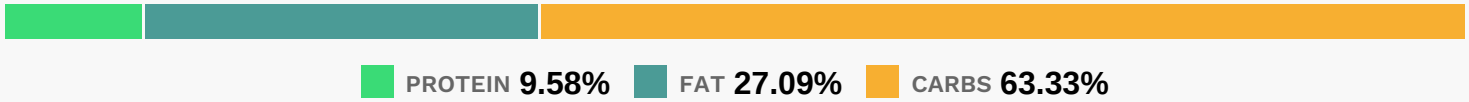
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. 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

- airbubbles.
- ☐ Bake until a toothpick comes out clean,about 35 minutes. Flip cake onto a wire rack and letcool completely.
 - ☐ Spread nuts evenly on a bakingsheet; toast until light brown, 10 to 15 minutes.
 - ☐ Placenuts in a clean towel; rub gently to remove skins;chop. In a small saucepan, whisk cornstarch into milkuntil fully dissolved. Bring milk–cornstarch mixture toa boil over medium heat, stirring occasionally;remove from heat. In a bowl, combine remaining3 tablespoons sugar, egg yolk and rum.
 - ☐ Add one third ofmilk–cornstarch mixture to sugar–rum mixture,whisking constantly; pour into same saucepan; cookover medium–high heat, whisking constantly, untilpastry cream thickens, about 2 minutes.
 - ☐ Pour creaminto a shallow dish; set plastic wrap on surface ofcream and let cool completely. Tear cake into chunks.In each of four 7–ounce serving glasses, divide and layerhalf of cake chunks, half of cooled rum cream, andhalf of dried fruit and nuts; repeat layers. Refrigerateat least 1 hour and up to 24; remove from fridge45 minutes before serving.
 - ☐ Self

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%)