



Georgia Peach Trifle

READY IN



45 min.

SERVINGS



8

CALORIES



527 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.3 cup bourbon
- ☐ 3 tablespoons granulated sugar
- ☐ 3.5 ounce vanilla pudding instant
- ☐ 2 cups milk
- ☐ 6 large peaches fresh peeled sliced
- ☐ 20 ounce round cake
- ☐ 2 tablespoons powdered sugar
- ☐ 1 cup whipping cream

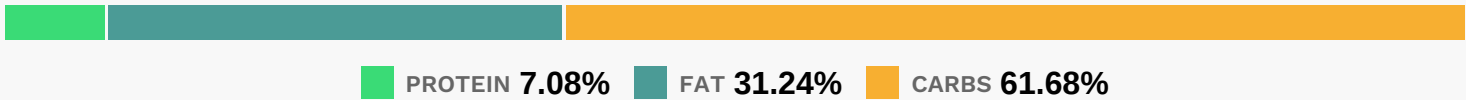
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Prepare pudding mix according to package directions, using 2 cups milk. Cover and chill 5 minutes.
- ☐ Toss sliced peaches with granulated sugar.
- ☐ Cut pound cake into 1/2-inch slices.
- ☐ Place half of cake slices on bottom of a trifle dish or deep bowl; drizzle evenly with half of bourbon. Spoon half of peach mixture evenly over cake slices.
- ☐ Spread half of pudding over peaches. Repeat with remaining cake slices, bourbon, peach mixture, and pudding. Cover and chill at least 2 hours.
- ☐ Beat whipping cream at medium speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Spread whipped cream over trifle; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:12.850434634996%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg, Catechin: 6.53mg Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

0.89mg

Nutrients (% of daily need)

Calories: 526.91kcal (26.35%), Fat: 17.89g (27.53%), Saturated Fat: 8.8g (55%), Carbohydrates: 79.5g (26.5%), Net Carbohydrates: 76.38g (27.78%), Sugar: 57.36g (63.74%), Cholesterol: 113.23mg (37.74%), Sodium: 568.82mg (24.73%), Alcohol: 3.34g (100%), Alcohol %: 1.29% (100%), Protein: 9.12g (18.25%), Vitamin B2: 0.44mg (25.9%), Phosphorus: 233.14mg (23.31%), Vitamin A: 1073.22IU (21.46%), Vitamin E: 2.9mg (19.36%), Manganese: 0.37mg (18.3%), Vitamin B1: 0.26mg (17.08%), Selenium: 11.64µg (16.63%), Calcium: 165.68mg (16.57%), Iron: 2.63mg (14.64%), Vitamin B3: 2.72mg (13.59%), Fiber: 3.12g (12.47%), Potassium: 395.01mg (11.29%), Folate: 44.91µg (11.23%), Magnesium: 43.22mg (10.81%), Copper: 0.21mg (10.73%), Vitamin B12: 0.55µg (9.12%), Vitamin B5: 0.87mg (8.7%), Vitamin D: 1.29µg (8.59%), Zinc: 1.17mg (7.81%), Vitamin C: 5.56mg (6.74%), Vitamin B6: 0.13mg (6.26%), Vitamin K: 5.21µg (4.97%)