



Gingerbread and Lemon Curd Trifle with Blackberry Sauce

READY IN

ready

305 min.

SERVINGS

servings

12

CALORIES

calories

746 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 pints blackberries fresh
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons framboise (raspberry liqueur)
- ☐ 1 cup brown sugar packed ()
- ☐ 1.3 teaspoons ground cinnamon

- ☐ 0.8 teaspoon ground cloves
- ☐ 2 tablespoons ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 cups heavy cream sweetened with sugar and vanilla, beaten to soft peaks
- ☐ 22 ounce lemon curd prepared
- ☐ 1 tablespoon squeezed lemon juice fresh
- ☐ 2.5 teaspoons lemon zest grated
- ☐ 1 cup blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 10 tablespoons butter unsalted room temperature ()
- ☐ 1 cup water boiling

Equipment

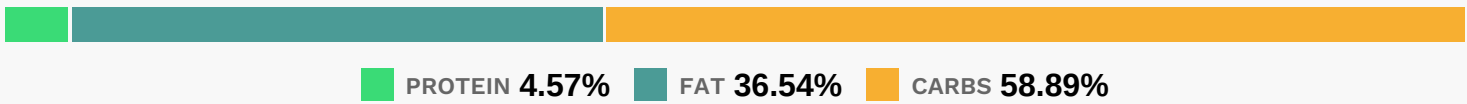
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Position rack in center of oven and preheat to 350 degrees F.

- ☐ Spray 1 half-sheet pan with nonstick cooking spray. Line bottom of pan with parchmentpaper; spray paper. Sift flour and next 6 ingredients into medium bowl.
- ☐ Mix in crystallized ginger. Using an electric mixer, beat butter in large bowl until fluffy. Beat in brown sugar. Beat in eggs, 1 at a time. Gradually beat in molasses, followed by 1 cup boiling water.
- ☐ Mix in grated lemon peel. Gradually mix in dry ingredients.
- ☐ Transfer batter to prepared pan.
- ☐ Bake until a tester inserted into the center of the cake comes out clean, about 20 to 25 minutes.
- ☐ Transfer to a rack to cool for 15 minutes. Run a knife around the pan sides. Turn out onto a rack and peel off paper. Cool and cut into 1-inch cubes.
- ☐ Using a trifle bowl, start with an even layer of gingerbread cubes, top with 1/3 of the lemon curd mixture, and 1/3 of the blackberry sauce. Repeat 2 more times. Top with remaining whipped cream. Cover and refrigerate for at least 4 hours or overnight before serving.
- ☐ Place lemon curd in a large bowl. Fold in half of the whipped cream until combined. Refrigerate if not using immediately. Reserve remaining whipped cream for the top of the trifle.
- ☐ Place blackberries, sugar, and salt in a medium saucepan and cook until the berries are soft and the sugar has melted.
- ☐ Transfer to a blender and blend until smooth.
- ☐ Pour through a strainer into a bowl. Stir in the framboise and lemon juice. Set aside until ready to use.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:30.26, Inflammation Score:-8, Nutrition Score:18.476521626763%

Flavonoids

Cyanidin: 78.82mg, Cyanidin: 78.82mg, Cyanidin: 78.82mg, Cyanidin: 78.82mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 29.23mg, Catechin: 29.23mg, Catechin: 29.23mg, Catechin: 29.23mg Epigallocatechin:

0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 745.6kcal (37.28%), Fat: 30.58g (47.05%), Saturated Fat: 18.69g (116.82%), Carbohydrates: 110.92g (36.97%), Net Carbohydrates: 105.45g (38.35%), Sugar: 82.06g (91.17%), Cholesterol: 116.41mg (38.8%), Sodium: 438.93mg (19.08%), Alcohol: 0.65g (100%), Alcohol %: 0.27% (100%), Protein: 8.61g (17.21%), Manganese: 1.56mg (78.03%), Selenium: 21.79µg (31.13%), Magnesium: 99.56mg (24.89%), Vitamin A: 1112.35IU (22.25%), Fiber: 5.46g (21.85%), Vitamin C: 17.84mg (21.62%), Iron: 3.86mg (21.46%), Folate: 85.42µg (21.35%), Vitamin B1: 0.29mg (19.18%), Potassium: 669.59mg (19.13%), Vitamin B2: 0.31mg (18.5%), Copper: 0.35mg (17.34%), Vitamin K: 18.08µg (17.22%), Calcium: 141.63mg (14.16%), Vitamin B3: 2.77mg (13.84%), Vitamin B6: 0.28mg (13.8%), Vitamin E: 1.73mg (11.51%), Phosphorus: 113.24mg (11.32%), Vitamin B5: 0.92mg (9.18%), Vitamin D: 1.06µg (7.06%), Zinc: 1.03mg (6.9%), Vitamin B12: 0.19µg (3.24%)