



## Gingerbread & Lemon Curd Trifle W/ Blackberry Sauce

READY IN



50 min.

SERVINGS



8

CALORIES



1167 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 2 pints blackberries fresh
- 3 tablespoons candied ginger minced
- 3 large eggs
- 3 cups flour all-purpose
- 1 cup brown sugar packed
- 1.3 teaspoons ground cinnamon
- 0.8 teaspoon ground cloves

- 2 tablespoons ground ginger
- 0.5 teaspoon nutmeg
- 2 cups cup heavy whipping cream sweetened
- 22 ounce lemon curd
- 1 tablespoon juice of lemon fresh
- 2.5 teaspoons lemon zest grated
- 1 cup blackstrap molasses
- 2 tablespoons raspberry liqueur
- 0.3 teaspoon salt
- 1 pinch salt
- 0.3 cup sugar
- 8 servings sugar
- 10 tablespoons butter unsalted room temperature
- 8 servings vanilla soft beaten
- 1 cup water boiling

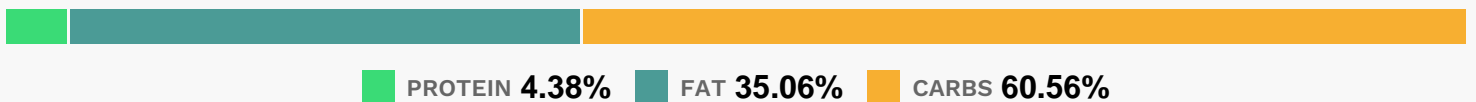
## Equipment

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

## Directions

- 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 parchment paper; 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. Blackberry Sauce:.
- 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. To assemble: 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.

## Nutrition Facts



### Properties

Glycemic Index: 44.9, Glycemic Load: 53.77, Inflammation Score: -9, Nutrition Score: 27.00173906658%

### Flavonoids

Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

## **Nutrients (% of daily need)**

Calories: 1167.48kcal (58.37%), Fat: 45.91g (70.64%), Saturated Fat: 28.04g (175.23%), Carbohydrates: 178.46g (59.49%), Net Carbohydrates: 170.26g (61.91%), Sugar: 135.19g (150.21%), Cholesterol: 174.61mg (58.2%), Sodium: 658.6mg (28.63%), Alcohol: 1.32g (100%), Alcohol %: 0.36% (100%), Protein: 12.91g (25.82%), Manganese: 2.34mg (117.19%), Selenium: 32.76µg (46.8%), Magnesium: 149.47mg (37.37%), Vitamin A: 1668.52IU (33.37%), Fiber: 8.19g (32.78%), Vitamin C: 26.76mg (32.43%), Iron: 5.8mg (32.24%), Folate: 128.13µg (32.03%), Vitamin B1: 0.43mg (28.78%), Potassium: 1006.11mg (28.75%), Vitamin B2: 0.47mg (27.94%), Copper: 0.52mg (26.09%), Vitamin K: 27.12µg (25.83%), Calcium: 212.67mg (21.27%), Vitamin B3: 4.16mg (20.78%), Vitamin B6: 0.41mg (20.72%), Vitamin E: 2.59mg (17.27%), Phosphorus: 169.91mg (16.99%), Vitamin B5: 1.38mg (13.78%), Vitamin D: 1.59µg (10.6%), Zinc: 1.55mg (10.36%), Vitamin B12: 0.29µg (4.86%)