



Gingerbread Trifle

READY IN



45 min.

SERVINGS



10

CALORIES



645 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup firmly brown sugar dark packed
- 0.5 cup butter softened
- 10 servings custard sauce
- 5.6 ounce candy bars english coarsely chopped toffee-flavored
- 1 large eggs
- 2.5 cups flour all-purpose
- 1 tablespoon ground ginger

- 1 cup blackstrap molasses
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 1 cup water hot
- 2 cups non-dairy whipped topping frozen thawed

Equipment


- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Beat butter at medium speed of an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- Add egg and molasses, mixing well.
- Combine flour and next 5 ingredients; add to butter mixture alternately with water, beginning and ending with flour mixture. Beat at low speed after each addition until blended.
- Pour batter into a greased 13" x 9" pan.
- Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- Cut gingerbread into cubes. Arrange one-third of gingerbread cubes in a 3-quart trifle bowl; top with one-third of Custard. Repeat layers twice, ending with Custard. Cover and chill until ready to serve.
- Before serving, spread whipped topping over trifle.
- Sprinkle with chopped candy bars.

Nutrition Facts



 PROTEIN **6.98%**  FAT **33.75%**  CARBS **59.27%**

Properties

Glycemic Index:30.26, Glycemic Load:38.9, Inflammation Score:-8, Nutrition Score:21.002173960857%

Nutrients (% of daily need)

Calories: 644.82kcal (32.24%), Fat: 24.35g (37.46%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 96.2g (32.07%), Net Carbohydrates: 93.55g (34.02%), Sugar: 50.11g (55.68%), Cholesterol: 91.29mg (30.43%), Sodium: 519.84mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.7mg (4.23%), Protein: 11.34g (22.67%), Manganese: 1.23mg (61.48%), Selenium: 28.44µg (40.63%), Magnesium: 151.78mg (37.94%), Calcium: 355.92mg (35.59%), Iron: 5.78mg (32.13%), Phosphorus: 318.89mg (31.89%), Vitamin B2: 0.52mg (30.54%), Potassium: 979.73mg (27.99%), Copper: 0.55mg (27.45%), Vitamin B1: 0.36mg (23.8%), Folate: 72.97µg (18.24%), Vitamin B6: 0.36mg (17.81%), Vitamin B5: 1.56mg (15.64%), Vitamin B12: 0.86µg (14.39%), Vitamin A: 707.32IU (14.15%), Vitamin B3: 2.59mg (12.97%), Vitamin D: 1.79µg (11.95%), Zinc: 1.67mg (11.1%), Fiber: 2.66g (10.64%), Vitamin E: 0.68mg (4.51%), Vitamin K: 2.12µg (2.01%)