



Iced trifle slice

READY IN



20 min.

SERVINGS



6

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 2 tbsp almonds flaked toasted
- ☐ 100 ml condensed milk
- ☐ 300 ml double cream
- ☐ 1.5 tbsp cooking sherry
- ☐ 1 tsp vanilla paste
- ☐ 3 drops food coloring yellow
- ☐ 1 sheet gelatin powder
- ☐ 400 g raspberries
- ☐ 3 tbsp powdered sugar

☐ 12 ladyfingers

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ knife

☐ whisk

☐ sieve

Directions

☐ Line a 900g loaf tin well with cling film, then scatter over the almonds (if you oil the tin before lining with film, itll help it keep in place smoothly).

☐ Divide the condensed milk and double cream evenly between 2 bowls.

☐ Add the sherry to one, and the vanilla paste and food colouring, if using, to the other. Pop the vanilla bowl in the fridge for later, then whisk the sherry mixture until thick.

☐ Spoon the sherry cream on top of the almonds and smooth the surface to level. Cover the tin with cling film, then freeze for about 1 hr until firm.

☐ Whisk the vanilla cream until thick, then spoon over the frozen sherry cream layer. Make this layer as smooth as possible too, then put back into the freezer for another hr until firm.

☐ To make the raspberry layer, soak the gelatine in a little cold water while you whizz half the raspberries in a food processor with the icing sugar and 2 tbsp water. Sieve into a small pan and heat gently to warm through. Once it starts to boil, remove from the heat, squeeze out the gelatine and add to the pure, stirring all the time, until the gelatine melts.

☐ Crush half the remaining raspberries with a fork, then stir these into the pure with remaining whole raspberries and allow to cool. Spoon the raspberry mix evenly on top of the vanilla layer, press the sponge fingers lightly into it, then freeze until solid overnight is best.

☐ Remove the trifle from the freezer about 15 mins before serving. Tip the loaf tin upside down on a serving plate, then peel off the cling film and cut into neat slices using a sharp knife.

Nutrition Facts



 **PROTEIN 7.18%**  **FAT 53.71%**  **CARBS 39.11%**

Properties

Glycemic Index:18.67, Glycemic Load:8.13, Inflammation Score:-6, Nutrition Score:10.901739079019%

Flavonoids

Cyanidin: 30.6mg, Cyanidin: 30.6mg, Cyanidin: 30.6mg, Cyanidin: 30.6mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 397.56kcal (19.88%), Fat: 24.13g (37.13%), Saturated Fat: 13.66g (85.35%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 34.56g (12.57%), Sugar: 20.74g (23.04%), Cholesterol: 112.79mg (37.6%), Sodium: 74.92mg (3.26%), Alcohol: 0.39g (100%), Alcohol %: 0.28% (100%), Protein: 7.26g (14.52%), Manganese: 0.58mg (29.12%), Vitamin C: 18.33mg (22.22%), Vitamin B2: 0.34mg (20.22%), Fiber: 4.97g (19.88%), Vitamin A: 941.3IU (18.83%), Phosphorus: 157.94mg (15.79%), Calcium: 130.95mg (13.1%), Vitamin E: 1.93mg (12.87%), Folate: 36.93µg (9.23%), Magnesium: 35.88mg (8.97%), Iron: 1.48mg (8.22%), Vitamin B1: 0.12mg (8.03%), Potassium: 280.51mg (8.01%), Vitamin B5: 0.77mg (7.73%), Selenium: 5.13µg (7.33%), Vitamin K: 6.95µg (6.62%), Copper: 0.13mg (6.58%), Zinc: 0.96mg (6.42%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.85µg (5.65%), Vitamin B3: 1.06mg (5.32%), Vitamin B6: 0.1mg (4.93%)