



Individual Quick English Trifle

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



872 kcal

DESSERT

Ingredients

- ☐ 1 small block chocolate
- ☐ 425 milliliters ready made custard
- ☐ 275 milliliters double cream heavy cream
- ☐ 8 slices madeira cake 1-centimeter
- ☐ 175 grams mandarins tinned
- ☐ 135 grams raspberry gelatin
- ☐ 4 servings glug sherry sweet good
- ☐ 3 drops vanilla extract

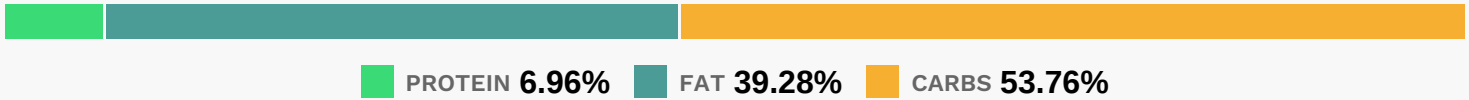
Equipment

☐ knife

Directions

- ☐ Make the gelatin by following the instructions on the side of the packet.
- ☐ Pour into a dish and leave. Once the gelatin is set, roughly chop.
- ☐ Put 2 pieces of cake into the bottom of each glass.
- ☐ Drizzle with the sherry and pour half of the custard over the cake and sherry. Spoon the gelatin over the custard, and then add the mandarins. Cover with the rest of the custard, drizzle with a little vanilla, and cover with the whipped cream. Scrape the chocolate with a sharp knife for shavings to top the lot.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:12.48, Inflammation Score:-8, Nutrition Score:16.496956493544%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 4.94mg, Naringenin: 4.94mg, Naringenin: 4.94mg, Naringenin: 4.94mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 871.67kcal (43.58%), Fat: 34.18g (52.59%), Saturated Fat: 20.38g (127.4%), Carbohydrates: 105.28g (35.09%), Net Carbohydrates: 103.8g (37.75%), Sugar: 68.84g (76.49%), Cholesterol: 203.94mg (67.98%), Sodium: 665.48mg (28.93%), Alcohol: 15.17g (100%), Alcohol %: 3.94% (100%), Caffeine: 4.62mg (1.54%), Protein: 13.62g (27.24%), Phosphorus: 380.04mg (38%), Vitamin B2: 0.64mg (37.56%), Vitamin A: 1637.49IU (32.75%), Calcium: 295.8mg (29.58%), Selenium: 17.78µg (25.4%), Vitamin D: 2.75µg (18.31%), Manganese: 0.36mg (18.15%), Vitamin B1: 0.27mg (18.14%), Potassium: 587.02mg (16.77%), Iron: 2.83mg (15.73%), Vitamin B12: 0.91µg (15.22%), Vitamin B5: 1.52mg (15.19%), Magnesium: 60.25mg (15.06%), Vitamin C: 12.22mg (14.82%), Folate: 52.06µg (13.01%), Vitamin B6: 0.25mg (12.37%), Zinc: 1.43mg (9.56%), Copper: 0.19mg (9.36%), Vitamin B3: 1.74mg (8.71%), Vitamin E: 0.96mg

(6.41%), Fiber: 1.47g (5.89%), Vitamin K: 3.62μg (3.44%)