



Judy's Raspberry Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

DESSERT

Ingredients

- 6 egg yolk
- 0.5 cup plum brandy dry divided
- 6 slices round cake
- 2 pints raspberries fresh
- 0.3 cup raspberry jam
- 0.5 cup sugar
- 1.5 cups whipping cream chilled

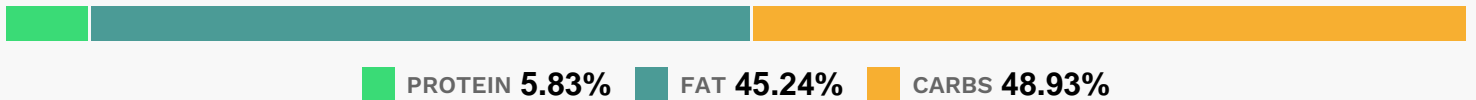
Equipment

- bowl
- pot
- hand mixer

Directions

- Beat egg yolks and sugar in a heat-resistant bowl on high speed with an electric mixer until well blended. Beat in 1/4 cup Marsala.
- Place over pot of simmering water, not allowing bowl to touch water. Beat about 8 minutes or until mixture triples in volume and temperature reaches 16
- Let cool to room temperature, stirring occasionally.
- Beat cream to soft peaks in a separate bowl, and add remaining 1/4 cup Marsala, beating until stiff peaks form. Reserve 1 cup whipped cream, and gently fold remaining whipped cream into yolk mixture.
- Spread each cake slice evenly with jam. Divide half of cream mixture evenly into 6 serving glasses.
- Add 1 slice of cake to each glass. Divide 1 pint raspberries evenly over cake.
- Add another layer of filling. Cover and refrigerate at least 4 hours or overnight. Just before serving, top trifles with reserved whipped cream and remaining 1 pint raspberries.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:19.13, Inflammation Score:-8, Nutrition Score:18.380869533705%

Flavonoids

Cyanidin: 72.19mg, Cyanidin: 72.19mg, Cyanidin: 72.19mg, Cyanidin: 72.19mg Petunidin: 1.81mg, Petunidin: 1.81mg, Petunidin: 1.81mg, Petunidin: 1.81mg Delphinidin: 2.86mg, Delphinidin: 2.86mg, Delphinidin: 2.86mg, Delphinidin: 2.86mg Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg Pelargonidin: 1.55mg, Pelargonidin: 1.55mg, Pelargonidin: 1.55mg, Pelargonidin: 1.55mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epigallocatechin 3-gallate: 0.85mg,

Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.04mg,
Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 564.83kcal (28.24%), Fat: 28.15g (43.3%), Saturated Fat: 15.68g (97.97%), Carbohydrates: 68.51g (22.84%), Net Carbohydrates: 57.95g (21.07%), Sugar: 44.88g (49.87%), Cholesterol: 292.23mg (97.41%), Sodium: 219.68mg (9.55%), Alcohol: 3.06g (100%), Alcohol %: 1.23% (100%), Protein: 8.16g (16.31%), Manganese: 1.16mg (58.02%), Vitamin C: 42.93mg (52.03%), Fiber: 10.56g (42.23%), Vitamin A: 1232.46IU (24.65%), Selenium: 15.39µg (21.99%), Vitamin B2: 0.37mg (21.47%), Phosphorus: 196.04mg (19.6%), Folate: 77.44µg (19.36%), Vitamin E: 2.47mg (16.49%), Iron: 2.58mg (14.34%), Vitamin K: 14.39µg (13.71%), Vitamin B5: 1.36mg (13.61%), Vitamin D: 1.98µg (13.23%), Calcium: 127.52mg (12.75%), Vitamin B1: 0.17mg (11.52%), Magnesium: 45.43mg (11.36%), Potassium: 373.65mg (10.68%), Copper: 0.21mg (10.26%), Vitamin B6: 0.19mg (9.45%), Zinc: 1.4mg (9.31%), Vitamin B12: 0.52µg (8.64%), Vitamin B3: 1.61mg (8.06%)