



Lemon and Raspberry Trifle in Mason Jars

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



916 kcal

DESSERT

Ingredients

- 3 tablespoons cooking sherry dry
- 1 cup lemon curd
- 0.3 cup juice of lemon
- 4 teaspoons lemon zest
- 1 cup mascarpone cheese
- 16 ounce round cake prepared cut into 1-inch cubes
- 2 cups raspberries fresh
- 0.3 cup water

1.3 cups pressurized whipped cream

0.3 cup sugar white

Equipment

bowl

canning jar

Directions

Bring lemon juice, water, and sugar to boil over medium heat, stirring occasionally, until the sugar dissolves, about 5 minutes.

Remove from heat; stir in sherry. Divide the pound cake evenly between four 2-cup mason jars, then pour the lemon and sugar mixture on top.

Combine the mascarpone cheese, 3/4 cup lemon curd, and lemon zest in a bowl. Divide the cheese mixture among the jars, pressing down with the back of a spoon to create an even layer. Spoon the remaining 1 cup lemon curd over the cheese mixture to create another layer. Top with the raspberries, then sprinkle with chocolate. Cover and refrigerate for at least 15 minutes, or up to 24 hours. Top with whipped cream before serving.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:10.99, Inflammation Score:-7, Nutrition Score:13.521304368973%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.25mg

Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 915.5kcal (45.77%), Fat: 38.49g (59.21%), Saturated Fat: 22.78g (142.36%), Carbohydrates: 128.12g (42.71%), Net Carbohydrates: 123.28g (44.83%), Sugar: 92.82g (103.13%), Cholesterol: 187.12mg (62.37%), Sodium: 910.81mg (39.6%), Alcohol: 1.16g (100%), Alcohol %: 0.41% (100%), Protein: 12.98g (25.96%), Manganese: 0.66mg (32.79%), Vitamin C: 24.2mg (29.34%), Vitamin A: 1120.85IU (22.42%), Vitamin B2: 0.35mg (20.52%), Vitamin B1: 0.31mg (20.51%), Iron: 3.57mg (19.85%), Calcium: 198.5mg (19.85%), Phosphorus: 194.04mg (19.4%), Fiber: 4.84g (19.35%), Folate: 69.92µg (17.48%), Selenium: 10.83µg (15.48%), Vitamin B3: 2.6mg (12.98%), Vitamin B5: 0.83mg (8.32%), Magnesium: 30.36mg (7.59%), Potassium: 259.41mg (7.41%), Copper: 0.13mg (6.71%), Vitamin E: 0.95mg (6.33%), Zinc: 0.93mg (6.22%), Vitamin B6: 0.12mg (5.81%), Vitamin B12: 0.33µg (5.5%), Vitamin K: 5.33µg (5.08%), Vitamin D: 0.31µg (2.05%)