



Lemon-Ginger Trifle with Apricots

 Dairy Free

READY IN



390 min.

SERVINGS



8

CALORIES



754 kcal

DESSERT

Ingredients

- ☐ 8 cups angel food cake
- ☐ 6 large apricots thinly sliced
- ☐ 2 tablespoons cornstarch
- ☐ 1.5 teaspoons ground ginger grated
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1.3 cups water
- ☐ 2 cups non-dairy whipped topping fat-free frozen thawed (from 8-ounce container)

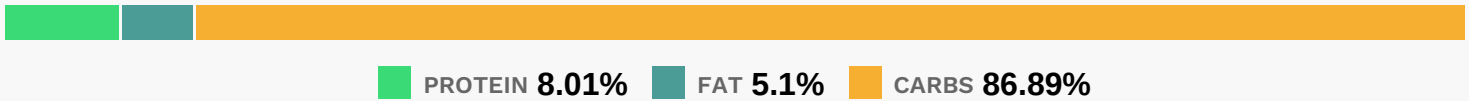
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In 2-quart saucepan, mix sugar, cornstarch and salt. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in lemon peel, lemon juice, margarine and gingerroot. Press plastic wrap or waxed paper onto surface. Refrigerate about 4 hours or until chilled.
- ☐ In large bowl, gently stir sugar mixture into whipped topping.
- ☐ In large clear glass bowl, place one-third of the cake cubes.
- ☐ Spread one-third of the lemon mixture over cake cubes. Top with one-third of the apricots. Repeat twice. Cover and refrigerate 2 hours but no longer than 8 hours.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:14.08, Inflammation Score:-5, Nutrition Score:11.627826255301%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 754.48kcal (37.72%), Fat: 4.37g (6.72%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 167.56g (55.85%), Net Carbohydrates: 166.44g (60.53%), Sugar: 97.94g (108.82%), Cholesterol: 0.38mg (0.13%), Sodium: 1309.59mg (56.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Phosphorus: 570.61mg (57.06%), Selenium: 37.06µg (52.95%), Vitamin B2: 0.46mg (27.29%), Calcium: 218.44mg (21.84%), Manganese: 0.3mg (14.85%), Vitamin B1: 0.19mg (12.6%), Potassium: 420.5mg (12.01%), Vitamin A: 564.86IU (11.3%), Copper: 0.19mg (9.74%), Folate: 35.3µg (8.83%), Vitamin C: 5.9mg (7.16%), Magnesium: 24.63mg (6.16%), Fiber: 1.12g (4.47%), Iron: 0.77mg (4.26%), Vitamin B5: 0.34mg (3.37%), Vitamin B3: 0.58mg (2.92%), Zinc: 0.4mg (2.69%), Vitamin E: 0.4mg (2.68%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.71µg (1.62%)