



Lemon-scented Mascarpone Trifle

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



639 kcal

DESSERT

Ingredients

- ☐ 0.5 cup creme de cassis liqueur
- ☐ 6 servings mint leaves fresh chopped for garnish
- ☐ 1 lemon zest juiced
- ☐ 16 ounces mascarpone cheese
- ☐ 1 round cake store-bought cut into 1/ slices
- ☐ 2 cups strawberries whole quartered or blueberries or raspberries
- ☐ 0.5 cup sugar

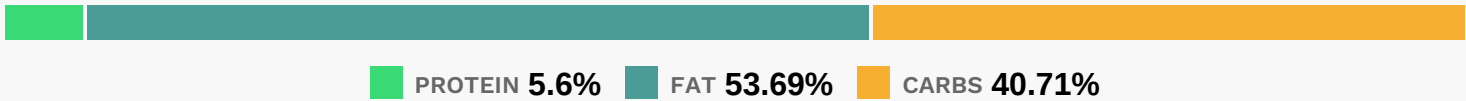
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan over medium heat, combine the sugar with the lemon juice. Cook until the sugar has dissolved, about 5 minutes.
- ☐ Let cool.
- ☐ In a medium bowl, combine the cooled sugar mixture with the mascarpone cheese and the lemon zest. Using an electric mixer, whip on medium speed until the mixture is light and fluffy.
- ☐ To build the trifle, line the bottom of a trifle bowl with a layer pound cake.
- ☐ Brush the pound cake with some creme de cassis liqueur. Spoon a layer of the cheese mixture over the pound cake, and then a layer of berries. Repeat the layers until all the ingredients are used, finishing with a top layer of berries. Chill in the refrigerator until ready to serve.
- ☐ Garnish with chopped mint leaves.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:12.73, Inflammation Score:-7, Nutrition Score:7.7108695740285%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg

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Nutrients (% of daily need)

Calories: 638.85kcal (31.94%), Fat: 35.64g (54.83%), Saturated Fat: 21.58g (134.88%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 59.39g (21.6%), Sugar: 45.55g (50.62%), Cholesterol: 126.6mg (42.2%), Sodium: 355.08mg (15.44%), Alcohol: 5.86g (100%), Alcohol %: 3.5% (100%), Protein: 8.37g (16.73%), Vitamin C: 29.83mg (36.16%), Vitamin A: 1184.12IU (23.68%), Manganese: 0.31mg (15.53%), Calcium: 152.45mg (15.25%), Iron: 1.64mg (9.1%), Folate: 36.29µg (9.07%), Vitamin B1: 0.13mg (8.96%), Vitamin B2: 0.15mg (8.92%), Phosphorus: 80.87mg (8.09%), Selenium: 4.93µg (7.04%), Vitamin B3: 1.17mg (5.86%), Fiber: 1.4g (5.58%), Copper: 0.08mg (3.76%), Potassium: 130.56mg (3.73%), Magnesium: 12.69mg (3.17%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.05mg (2.58%), Zinc: 0.35mg (2.3%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.16µg (1.1%)