



Lemon-Strawberry Trifle

 Gluten Free

READY IN



400 min.

SERVINGS



12

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 11 oz lemon curd
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup greek yogurt plain (not nonfat)
- ☐ 16 oz round cake homemade store-bought
- ☐ 4 cups strawberries fresh
- ☐ 0.3 cup strawberry jam seedless
- ☐ 0.3 cup sugar

Equipment

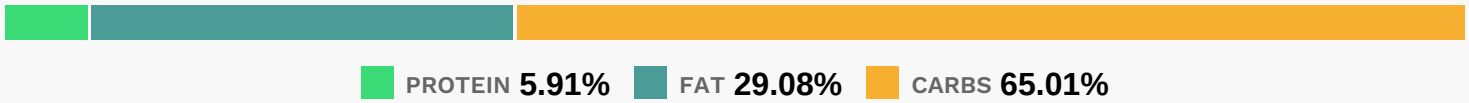
- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Make sauce: Hull and slice berries.
- ☐ Mix 1 cup berries with lemon juice and 2 Tbsp. sugar in a large bowl. Using a fork, mash berries into a chunky pulp.
- ☐ Combine another 1 cup berries and 2 Tbsp. sugar in a small saucepan over medium heat. Cook, stirring, until the berries start to give off liquid, about 2 minutes. Increase heat to medium-high and cook, stirring often, until mixture is thick and pulpy, about 5 minutes longer. Stir cooked berries into mashed berries. Cool slightly.
- ☐ Make filling: Put lemon curd in a large bowl. In a separate bowl, beat cream, yogurt and sugar with an electric mixer until stiff peaks form. Stir about a quarter of whipped cream mixture into lemon curd, then gently fold in remaining cream mixture.
- ☐ Assemble trifle: Trim and discard both ends of cake.
- ☐ Cut cake crosswise into approximately 1/3-inch-thick slices.
- ☐ Spread each slice thinly with jam.
- ☐ Pour 1/2 cup lemon filling in bottom of a 14-cup trifle bowl or other large glass bowl.
- ☐ Spread evenly. Top with cake slices, jam sides up, trimming cake slices as necessary to make a flat layer.
- ☐ Pour about 1/2 cup strawberry sauce over, distributing fruit as evenly as possible over cake layer.
- ☐ Spread 1/3 of remaining sliced berries over sauce. Build two more layers with remaining filling, cake, sauce and sliced strawberries, arranging layers so they're even and visible through the bowl. Cover with plastic wrap and refrigerate for at least 6 hours or overnight.
- ☐ Just before serving, whip 1 cup cream with an electric mixer until medium-firm peaks form.

Spread whipped cream decoratively on top of trifle. Spoon into individual dessert bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:7.52, Inflammation Score:-4, Nutrition Score:6.7730435236641%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 329.94kcal (16.5%), Fat: 10.79g (16.6%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 52.95g (19.25%), Sugar: 41.6g (46.22%), Cholesterol: 61.59mg (20.53%), Sodium: 326.88mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Vitamin C: 30.14mg (36.54%), Manganese: 0.27mg (13.51%), Vitamin B2: 0.19mg (11.35%), Phosphorus: 93.8mg (9.38%), Selenium: 5.68µg (8.12%), Folate: 32.49µg (8.12%), Vitamin B1: 0.11mg (7.48%), Iron: 1.3mg (7.24%), Vitamin A: 356.17IU (7.12%), Calcium: 63.19mg (6.32%), Fiber: 1.31g (5.25%), Vitamin B3: 0.96mg (4.8%), Potassium: 157.26mg (4.49%), Vitamin B12: 0.21µg (3.5%), Magnesium: 13.69mg (3.42%), Vitamin B5: 0.34mg (3.38%), Copper: 0.06mg (3.05%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.39µg (2.62%), Zinc: 0.38mg (2.54%), Vitamin K: 1.77µg (1.68%)