



Lime Cream Trifle

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



307 kcal

Ingredients

- 5.5 ounce maria crackers (4.8-ounce)
- 12 ounce evaporated milk canned
- 3 juice of lime juiced
- 1 lime for garnish, optional
- 1 lime zest
- 14 ounce condensed milk sweetened canned

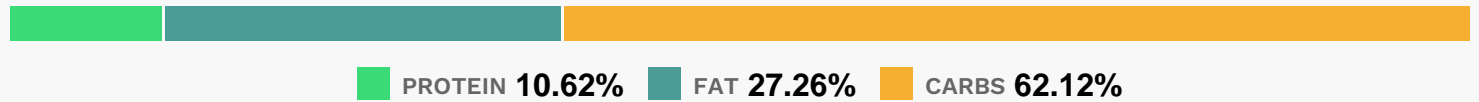
Equipment

- blender
- plastic wrap

Directions

- Blend the condensed milk, evaporated milk and lime juice in a blender until smooth.
- Spoon 1 cup of the lime cream into the bottom of a 6-cup glass trifle dish.
- Sprinkle with 1/3 of the lime zest. Then arrange 1/3 of the crackers over the cream, breaking them as needed to form a single layer. Repeat to make 2 more layers, ending with a layer of cream and a sprinkle of lime zest. Cover tightly with plastic wrap and chill until set, at least 2 hours, or overnight.
- To serve, thinly slice 1 lime and arrange the lime slices in an overlapping layer on top as garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:27.38, Inflammation Score:-3, Nutrition Score:7.9465217875398%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.14kcal (15.36%), Fat: 9.52g (14.65%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 47.64g (17.32%), Sugar: 36.21g (40.24%), Cholesterol: 29.2mg (9.73%), Sodium: 237.08mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Calcium: 274.39mg (27.44%), Phosphorus: 255.8mg (25.58%), Vitamin B2: 0.39mg (23.09%), Vitamin C: 10.35mg (12.54%), Selenium: 8.4µg (12%), Potassium: 377.65mg (10.79%), Magnesium: 36.51mg (9.13%), Zinc: 1.2mg (8%), Vitamin B1: 0.12mg (7.79%), Vitamin B5: 0.69mg (6.94%), Iron: 1.09mg (6.06%), Folate: 20.29µg (5.07%), Vitamin A: 248.1IU (4.96%), Vitamin B3: 0.97mg (4.86%), Vitamin B12: 0.29µg (4.77%), Fiber: 1.18g (4.71%), Vitamin B6: 0.08mg (3.88%), Copper: 0.03mg (1.7%), Vitamin E: 0.21mg (1.39%)