



Mini Citrus and Cream Trifles

READY IN



40 min.

SERVINGS



35

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 4 pink grapefruits red
- ☐ 2 cups heavy cream
- ☐ 30 ladyfingers
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 slices orange optional
- ☐ 8 oranges
- ☐ 1 cup caster sugar

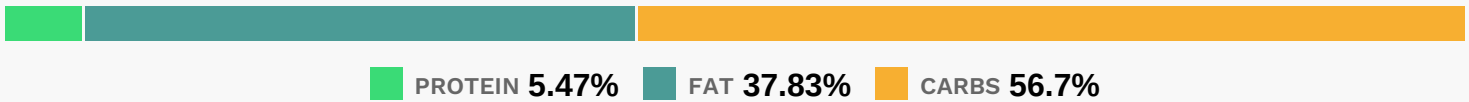
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ chefs knife

Directions

- ☐ In a small pan, combine sugar and 1/2 cup water and bring to a boil. Boil until sugar has completely dissolved, about 5 minutes. Stir in lemon juice.
- ☐ Transfer to a bowl and set over an ice bath to cool to room temperature.
- ☐ Use a chef's knife to peel grapefruits and oranges. Holding fruit over a large bowl, cut in between membranes and release fruit slices into bowl, catching any juice in the bowl as you go.
- ☐ Pour lemon syrup over fruit and stir until combined.
- ☐ Using an electric mixer on medium-high speed, whip heavy cream and confectioners' sugar until soft peaks form.
- ☐ In a large bowl, use hands to break up ladyfingers into roughly 1-inch pieces. Set up 10 8-oz. glasses. Divide 1/2 of ladyfingers among glasses. Top with 1/2 of citrus salad and 1/2 of whipped cream. Repeat, adding another layer of ladyfingers, citrus salad and whipped cream.
- ☐ Garnish each glass with a thin orange slice, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:5.87, Inflammation Score:-5, Nutrition Score:4.2721738387709%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 8.88mg, Hesperetin: 8.88mg, Hesperetin: 8.88mg, Hesperetin: 8.88mg Naringenin: 14.25mg, Naringenin: 14.25mg, Naringenin: 14.25mg, Naringenin: 14.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg,

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 134.42kcal (6.72%), Fat: 5.87g (9.03%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18.5g (6.73%), Sugar: 12.16g (13.51%), Cholesterol: 36.21mg (12.07%), Sodium: 17.65mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 26.7mg (32.37%), Vitamin A: 657.28IU (13.15%), Folate: 21.41µg (5.35%), Vitamin B2: 0.09mg (5.23%), Fiber: 1.3g (5.2%), Vitamin B1: 0.07mg (4.62%), Potassium: 121.72mg (3.48%), Phosphorus: 33.99mg (3.4%), Calcium: 32.26mg (3.23%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.05mg (2.58%), Iron: 0.41mg (2.28%), Magnesium: 7.96mg (1.99%), Manganese: 0.04mg (1.87%), Vitamin B3: 0.36mg (1.78%), Copper: 0.03mg (1.73%), Vitamin B12: 0.09µg (1.54%), Vitamin E: 0.22mg (1.49%), Vitamin D: 0.22µg (1.45%), Zinc: 0.18mg (1.23%)