



Mixed Berry Trifle

 **Gluten Free**

READY IN



30 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 12 ounce poached berries mixed frozen
- ☐ 0.5 cup coconut or toasted
- ☐ 0.3 cup cream sherry
- ☐ 2 cups heavy cream chilled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 12 ounce round cake prepared
- ☐ 1 tablespoon sugar white

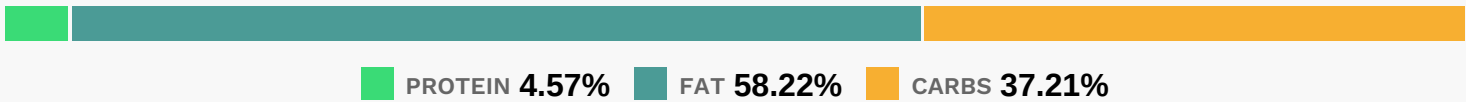
Equipment

☐ bowl

Directions

- ☐ Combine the berries, sherry, lemon juice, and lemon zest in a bowl; toss to blend. Set aside.
- ☐ Beat the heavy cream in a large bowl until soft peaks form. Gradually beat in the sugar until stiff peaks form. Refrigerate cream until needed.
- ☐ Cut pound cake into slices 1/3 inch wide, discarding cake ends.
- ☐ Assemble the trifle by placing a layer of cake slices in the bottom of a glass serving bowl. Spoon half the berry mixture with juice over the cake slices. Cover with half of the whipped cream, and sprinkle with half the coconut. Repeat layering with the remaining cake slices, berries and juice, whipped cream, and coconut. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:6.8647826443548%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg, Petunidin: 7.72mg Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg, Delphinidin: 9.18mg Malvidin: 21.12mg, Malvidin: 21.12mg, Malvidin: 21.12mg, Malvidin: 21.12mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 377.19kcal (18.86%), Fat: 24.58g (37.82%), Saturated Fat: 15.53g (97.09%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 33.51g (12.19%), Sugar: 22.84g (25.38%), Cholesterol: 110.61mg (36.87%), Sodium:

282.83mg (12.3%), Alcohol: 0.77g (100%), Alcohol %: 0.61% (100%), Protein: 4.34g (8.68%), Vitamin A: 959.86IU (19.2%), Vitamin B2: 0.24mg (14.39%), Manganese: 0.24mg (11.82%), Phosphorus: 104.53mg (10.45%), Selenium: 6.22µg (8.89%), Vitamin B1: 0.13mg (8.85%), Vitamin K: 9µg (8.57%), Iron: 1.44mg (7.99%), Calcium: 74.2mg (7.42%), Fiber: 1.84g (7.36%), Vitamin D: 1.04µg (6.91%), Folate: 26.88µg (6.72%), Vitamin E: 0.87mg (5.78%), Vitamin B3: 1.12mg (5.58%), Vitamin B5: 0.43mg (4.28%), Potassium: 145.79mg (4.17%), Vitamin B6: 0.08mg (3.76%), Copper: 0.07mg (3.47%), Magnesium: 13.39mg (3.35%), Vitamin B12: 0.2µg (3.29%), Zinc: 0.45mg (3.03%), Vitamin C: 2.15mg (2.61%)