

Orange, Almond, & Pomegranate Trifle

READY IN



60 min.

SERVINGS



1

CALORIES



2396 kcal

DESSERT

Ingredients

- ☐ 0.3 tablespoon almond extract
- ☐ 2 tablespoons amaretto
- ☐ 1 angel food cake
- ☐ 2 blood oranges
- ☐ 4 clementines
- ☐ 1 recipe custard low-fat
- ☐ 0.3 cup vanilla greek yogurt plain fat-free
- ☐ 1 envelope gelatin powder
- ☐ 1 tablespoon grand marnier

- ☐ 1 cup heavy cream
- ☐ 2 teaspoons honey
- ☐ 4 juice oranges
- ☐ 1.5 cups orange juice
- ☐ 0.5 1/2 pomegranate

Equipment

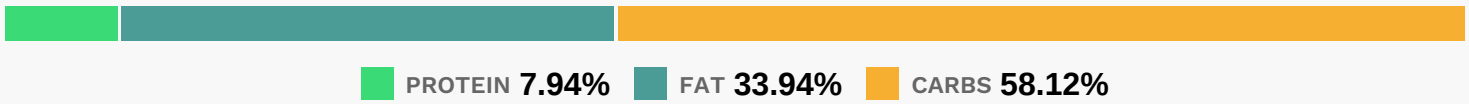
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Cut top and bottom off one orange. Set it on end. Using a large, sharp knife, slice off the peel, pith, and thin membrane enclosing the fruit, from top to bottom.
- ☐ Remove segments: Reserve juice. Repeat with remaining citrus.
- ☐ Combine fruit juices, adding enough orange juice to total 2 cups.
- ☐ Prepare gelatin: In a small pot, heat 1 1/2 cups juice to a bare simmer. Meanwhile, sprinkle gelatin over remaining juice; allow to soften 2 minutes.
- ☐ Pour simmering juice over gelatin mixture; whisk to dissolve. Refrigerate to cool slightly.
- ☐ Heat oven to 250F.
- ☐ Cut cake into 1 1/2-inch slices; spread on a baking sheet. Toast until dry, turning once (20 minutes total). Cool.
- ☐ Begin trifle: Cover the bottom of a glass bowl with cake slices (cutting pieces to fit).
- ☐ Sprinkle with Amaretto and orange liqueur.
- ☐ Layer orange segments over cake.

- ☐
- Pour in gelatin mixture; cover bowl with plastic wrap. Refrigerate until gelatin is completely set (8 hours to overnight).
- ☐
- Pour custard over trifle. Before serving, beat cream until soft peaks form.
- ☐
- Add honey and almond extract; continue beating just until cream holds a shape. Fold in yogurt. Dollop onto trifle.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:361.12, Glycemic Load:62.3, Inflammation Score:-10, Nutrition Score:47.412608810093%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 51.54mg, Hesperetin: 51.54mg, Hesperetin: 51.54mg, Hesperetin: 51.54mg Naringenin: 11.94mg, Naringenin: 11.94mg, Naringenin: 11.94mg, Naringenin: 11.94mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 2396.33kcal (119.82%), Fat: 90g (138.46%), Saturated Fat: 55.22g (345.14%), Carbohydrates: 346.69g (115.56%), Net Carbohydrates: 333.93g (121.43%), Sugar: 226.73g (251.92%), Cholesterol: 271.97mg (90.66%), Sodium: 1854.44mg (80.63%), Alcohol: 12.82g (100%), Alcohol %: 1.04% (100%), Caffeine: 11.7mg (3.9%), Protein: 47.4g (94.79%), Vitamin C: 360.2mg (436.6%), Phosphorus: 1114.41mg (111.44%), Selenium: 63.74µg (91.06%), Vitamin A: 4302.96IU (86.06%), Vitamin B2: 1.38mg (81.44%), Folate: 300.21µg (75.05%), Potassium: 2433.76mg (69.54%), Vitamin B1: 1.01mg (67.4%), Calcium: 604.86mg (60.49%), Fiber: 12.76g (51.02%), Copper: 0.96mg (48.01%), Magnesium: 137.82mg (34.45%), Vitamin K: 31.45µg (29.96%), Vitamin B6: 0.6mg (29.93%), Vitamin B5: 2.76mg (27.6%), Manganese: 0.55mg (27.39%), Vitamin E: 3.86mg (25.72%), Vitamin D: 3.82µg (25.47%), Vitamin B3: 4.64mg (23.19%), Iron: 2.8mg (15.57%), Zinc: 1.95mg (13.01%), Vitamin B12: 0.49µg (8.13%)