



Orange Trifle with Grand Marnier Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



476 kcal

Ingredients

- ☐ 0.5 cup grand marnier orange-flavored divided (or orange juice)
- ☐ 0.8 cup marmalade divided
- ☐ 12 ounces mascarpone cheese
- ☐ 12 oranges
- ☐ 21.5 oz loaves pound cake cut into 1/2-in. slices
- ☐ 0.8 cup whipping cream

Equipment

- ☐ bowl
- ☐ whisk

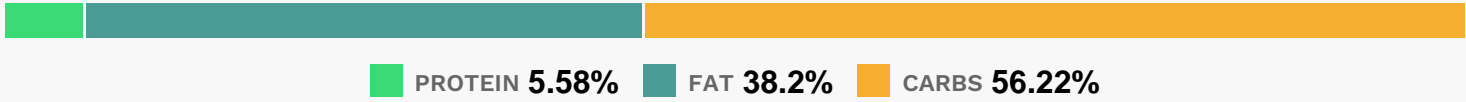
- ☐ sieve
- ☐ stand mixer
- ☐ microwave
- ☐ cutting board
- ☐ serrated knife
- ☐ pastry brush
- ☐ grater
- ☐ box grater
- ☐ microplane

Directions

- ☐ Zest 5 oranges using fine side of a box grater or a razor-sharp grater, such as a Microplane; set zest aside. With a serrated knife, cut ends off all oranges. Set 1 orange cut side down on a cutting board. Following the curve of the fruit, cut off peel and white pith. Working over a strainer set in a bowl, slice next to each thin white membrane into the center of the orange, releasing segments of orange into strainer and leaving membranes behind. Squeeze juice from membranes into strainer and discard them. Repeat with remaining oranges until you have 4 cups segments and 1/2 cup juice (save remainder of both for other uses); put in separate bowls.
- ☐ Add zest and 1/2 cup liqueur to bowl of juice and set aside.
- ☐ In a stand mixer, combine mascarpone and cream and whisk until stiff peaks form.
- ☐ Add 1/2 cup marmalade and whisk to blend.
- ☐ Arrange a third of the pound cake slices evenly in the bottom of a 3-qt. trifle bowl or other straight-sided bowl. Using a pastry brush, soak cake with 1/4 cup liqueur mixture. Dollop a third of the marmalade cream on top of cake. Arrange 1 cup orange segments over cream, making sure widest part of segments lies against the side of the bowl. Repeat with 1 more layer of cake, pressing down on it slightly before layering on same amounts of liqueur mixture, cream, and oranges. Arrange last layer of cake, drizzle with remaining liqueur mixture, smooth remaining third of the cream level over cake, and arrange remaining 2 cups oranges in a decorative spiral.
- ☐ In a microwave-safe bowl, heat remaining 1/4 cup marmalade with remaining 1 tbsp. liqueur until hot; stir to combine.

- ☐ Brush warm marmalade over orange slices. Chill until ready to serve.
- ☐ *You can use any combination of orange varieties, including blood oranges, or stick to just one, as we did here with Valencia oranges.
- ☐ Make ahead: Zest, segments, or entire trifle can be made 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:13.16, Inflammation Score:-7, Nutrition Score:11.645652161992%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 476.38kcal (23.82%), Fat: 19.7g (30.31%), Saturated Fat: 11.8g (73.74%), Carbohydrates: 65.24g (21.75%), Net Carbohydrates: 61.61g (22.4%), Sugar: 44.8g (49.77%), Cholesterol: 96.97mg (32.32%), Sodium: 343.63mg (14.94%), Alcohol: 2.56g (100%), Alcohol %: 1.27% (100%), Protein: 6.47g (12.94%), Vitamin C: 71.65mg (86.85%), Vitamin A: 988.53IU (19.77%), Folate: 66.11µg (16.53%), Vitamin B1: 0.24mg (16.28%), Fiber: 3.63g (14.53%), Calcium: 141.81mg (14.18%), Vitamin B2: 0.23mg (13.78%), Phosphorus: 101.18mg (10.12%), Potassium: 320.84mg (9.17%), Iron: 1.64mg (9.1%), Selenium: 6.18µg (8.83%), Manganese: 0.15mg (7.49%), Vitamin B3: 1.38mg (6.91%), Vitamin B5: 0.61mg (6.12%), Copper: 0.12mg (5.86%), Vitamin B6: 0.11mg (5.72%), Magnesium: 20.87mg (5.22%), Vitamin E: 0.52mg (3.47%), Zinc: 0.4mg (2.68%), Vitamin B12: 0.15µg (2.43%), Vitamin D: 0.34µg (2.26%)