



## Passion fruit trifle

READY IN



25 min.

SERVINGS



6

CALORIES



847 kcal

DESSERT

## Ingredients

- ☐ 250 g mascarpone cheese
- ☐ 50 g brown sugar
- ☐ 1 tsp vanilla extract
- ☐ 284 ml double cream
- ☐ 9 fruit
- ☐ 1 orange juice
- ☐ 3 slice sponge cake mix plain thick
- ☐ 3 peaches thinly sliced

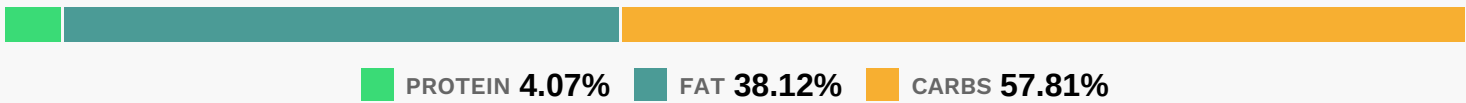
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Beat the mascarpone, sugar and vanilla until smooth. In a separate bowl, whisk double cream until it is softly whipped. Fold mascarpone mix into the whipped cream, then set aside.
- ☐ Cut 8 passion fruits in half, scoop pulp into a small bowl and stir in the orange juice. Slice the crusts off the brioche and cut each slice into quarters.
- ☐ Lay the brioche (or cake) in the bottom of a trifle dish or glass bowl. Top this with a half of the passion fruit pulp and half of the peach slices, then spoon over half of the mascarpone cream. Repeat the layers once more (keeping a few peach slices back), topping off with a layer of mascarpone. Use the pulp from the last passion fruit and the reserved peach slices to decorate. The trifle will keep in the fridge for up to a day (decorate just before serving).

# Nutrition Facts



# Properties

Glycemic Index:15.38, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:17.367826404779%

# Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

# Nutrients (% of daily need)

Calories: 847.33kcal (42.37%), Fat: 37.24g (57.3%), Saturated Fat: 22.82g (142.64%), Carbohydrates: 127.1g (42.37%), Net Carbohydrates: 115.08g (41.85%), Sugar: 98.14g (109.04%), Cholesterol: 110.77mg (36.92%), Sodium:

175.22mg (7.62%), Alcohol: 0.24g (100%), Alcohol %: 0.03% (100%), Protein: 8.95g (17.89%), Vitamin A: 3609.39IU (72.19%), Fiber: 12.02g (48.08%), Vitamin K: 34.86µg (33.2%), Copper: 0.59mg (29.41%), Vitamin C: 23.21mg (28.13%), Potassium: 784.45mg (22.41%), Vitamin B2: 0.32mg (18.75%), Vitamin B3: 3.62mg (18.11%), Iron: 2.88mg (16.02%), Phosphorus: 147.74mg (14.77%), Calcium: 145.1mg (14.51%), Manganese: 0.27mg (13.42%), Magnesium: 46.67mg (11.67%), Vitamin B1: 0.15mg (10.27%), Vitamin B6: 0.16mg (7.94%), Folate: 30.04µg (7.51%), Vitamin E: 1.03mg (6.84%), Zinc: 0.98mg (6.53%), Selenium: 4.48µg (6.4%), Vitamin B5: 0.61mg (6.15%), Vitamin D: 0.79µg (5.28%), Vitamin B12: 0.11µg (1.87%)