



Pumpkin-Maple Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 4 bosc pears firm cored cut into 16 wedges 2 pounds
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 0.3 cup pumpkin canned
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1.8 cups milk 2% divided reduced-fat
- ☐ 2 tablespoons maple syrup
- ☐ 6 ounces round cake frozen low-fat divided thawed cut into 1/4-inch-thick slices such as sara lee,
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie
- ☐ 6 tablespoons frangelico divided hazelnut-flavored liqueur

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ slotted spoon

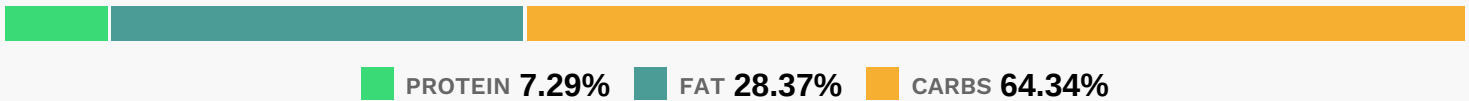
Directions

- ☐ To prepare custard, combine first 3 ingredients in a medium saucepan, stirring well with a whisk. Stir in 1 1/2 cups milk; bring to a boil over medium heat, stirring constantly. Cook 1 minute, stirring constantly; remove from heat.
- ☐ Combine remaining 1/4 cup milk and egg in a small bowl. Stir one-fourth of hot milk mixture into egg mixture.
- ☐ Add egg mixture to remaining milk mixture in pan, stirring well. Cook over medium heat 1 minute or until thick, stirring constantly.
- ☐ Remove from heat; stir in pumpkin and vanilla.
- ☐ Pour mixture into a bowl; cover surface with plastic wrap. Chill completely.
- ☐ To prepare pears, combine lemon juice and pears. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add pear mixture; cook 4 minutes.
- ☐ Drizzle 3 tablespoons liqueur over pears; cover and simmer 5 minutes or until tender.

- ☐
- Remove pears from pan with a slotted spoon, reserving liquid in pan.

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Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:8.578260851943%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 234.75kcal (11.74%), Fat: 7.65g (11.77%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 35.86g (13.04%), Sugar: 27.23g (30.26%), Cholesterol: 42.41mg (14.14%), Sodium: 208.84mg (9.08%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 4.42g (8.84%), Vitamin A: 1426.16IU (28.52%), Manganese: 0.57mg (28.39%), Vitamin B2: 0.23mg (13.74%), Fiber: 3.17g (12.67%), Phosphorus: 106.79mg (10.68%), Copper: 0.19mg (9.67%), Calcium: 96.55mg (9.66%), Vitamin E: 1.25mg (8.36%), Vitamin B1: 0.11mg (7.57%), Potassium: 252.42mg (7.21%), Selenium: 4.72µg (6.74%), Folate: 26.1µg (6.52%), Magnesium: 26.04mg (6.51%), Iron: 1.17mg (6.47%), Vitamin C: 5.03mg (6.09%), Vitamin K: 5.78µg (5.5%), Vitamin B12: 0.32µg (5.36%), Vitamin B6: 0.1mg (4.91%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.63mg (4.17%), Vitamin B3: 0.65mg (3.24%)