



Quick Cranberry Trifles

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



627 kcal

Ingredients

- ☐ 0.3 cup cooking sherry sweet ()
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 1.5 cups round cake cubed ()
- ☐ 0.5 cup whipped cream melted
- ☐ 2 cups roasted cranberry sauce cooked (not jelly)

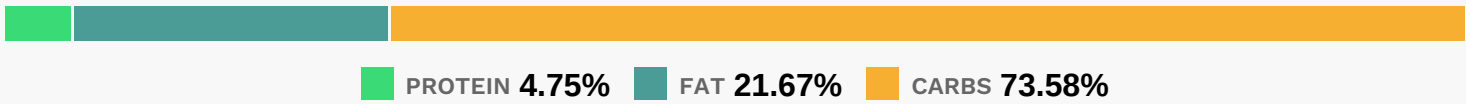
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Stir together cranberry sauce and Sherry in a bowl. Set aside.
- ☐ Combine heavy cream and ice cream in a bowl, then set in a larger bowl of ice and cold water and beat with an electric mixer until stiff.
- ☐ Divide half of cake cubes among 4 dessert glasses. Top each serving with a scant 1/4 cup cranberry mixture, then top each with 1/4 cup whipped-cream mixture. Repeat layering with remaining cake cubes, cranberry mixture, and whipped-cream mixture.
- ☐ Chill, loosely covered with plastic wrap, at least 8 hours for flavors to develop.
- ☐ Trifles can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:9.2247826120128%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 627.49kcal (31.37%), Fat: 15.16g (23.32%), Saturated Fat: 8.68g (54.28%), Carbohydrates: 115.81g (38.6%), Net Carbohydrates: 113.71g (41.35%), Sugar: 81.59g (90.66%), Cholesterol: 131.37mg (43.79%), Sodium: 581.71mg (25.29%), Alcohol: 1.54g (100%), Alcohol %: 0.68% (100%), Protein: 7.48g (14.97%), Vitamin B2: 0.37mg (21.52%), Iron: 3.07mg (17.07%), Vitamin B1: 0.25mg (16.67%), Phosphorus: 164.43mg (16.44%), Manganese: 0.29mg (14.47%), Selenium: 9.84µg (14.05%), Vitamin A: 702.22IU (14.04%), Vitamin E: 1.84mg (12.25%), Folate: 45.26µg (11.32%), Calcium: 108.41mg (10.84%), Vitamin B3: 1.91mg (9.53%), Fiber: 2.1g (8.4%), Vitamin B5: 0.6mg (6.03%), Potassium:

198.78mg (5.68%), Vitamin B12: 0.32µg (5.41%), Copper: 0.1mg (4.95%), Zinc: 0.7mg (4.65%), Magnesium: 18.45mg (4.61%), Vitamin D: 0.69µg (4.58%), Vitamin B6: 0.09mg (4.58%), Vitamin K: 3.2µg (3.05%), Vitamin C: 1.68mg (2.03%)