



Raspberry and Sherry Trifle

READY IN



265 min.

SERVINGS



12

CALORIES



501 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons confectioners' sugar
- ☐ 1.5 cups cooking sherry dry
- ☐ 7 egg yolks
- ☐ 0.8 cup granulated sugar
- ☐ 12 servings mint leaves for garnish, optional
- ☐ 12 servings raspberries fresh for garnish, optional
- ☐ 36 ounce raspberries sweetened frozen thawed
- ☐ 12 servings whipped cream for garnish, optional
- ☐ 2 cups whipping cream

- ☐ 18.5 ounce duncan hines classic decadent cake mix (recommended: Duncan Hines Moist Deluxe Butter Recipe Gold)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wire rack
- ☐ double boiler
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Butter and flour a 13 by 9-inch baking pan. Prepare the cake according to package directions, but use 1/2 cup of the sherry in place of 1/2 cup water. When baked, let cool in the pan for about 10 minutes, then invert onto a wire rack to cool completely.
- ☐ Cut the cake into large chunks, about 1 1/2 inches wide.
- ☐ Place the egg yolks, granulated sugar, and remaining 1 cup sherry into the top of a double boiler.
- ☐ Whisk until completely combined.
- ☐ Place the top pan over simmering water (do not let water touch the bottom of the top pan). With a wooden spoon, stir over medium heat for about 8 minutes, until the custard is quite thick, about the consistency of mayonnaise.
- ☐ Let cool. Whip the cream with the confectioners' sugar. Take half of the whipped cream and add it to the cooled custard, stirring well. To assemble: In the bottom of a trifle bowl or a 13 by 9-inch disposable aluminum foil pan, layer 1/3 of the cake cubes, 1/3 of the raspberries, and 1/3 of the custard. Continue layering, ending with custard. Take the remaining whipped cream and completely cover the top of the custard. Refrigerate at least 4 hours before serving.
- ☐ Serve with additional whipped cream, fresh raspberries and a sprig of mint, if desired.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:11.29, Inflammation Score:-7, Nutrition Score:16.980869500533%

Flavonoids

Cyanidin: 66.39mg, Cyanidin: 66.39mg, Cyanidin: 66.39mg, Cyanidin: 66.39mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Pelargonidin: 1.42mg, Pelargonidin: 1.42mg, Pelargonidin: 1.42mg, Pelargonidin: 1.42mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 500.72kcal (25.04%), Fat: 21.04g (32.37%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 59.78g (21.74%), Sugar: 40.57g (45.07%), Cholesterol: 162.78mg (54.26%), Sodium: 322.52mg (14.02%), Alcohol: 3.09g (100%), Alcohol %: 1.35% (100%), Protein: 6.59g (13.18%), Manganese: 1.12mg (55.75%), Vitamin C: 38.56mg (46.74%), Fiber: 9.99g (39.96%), Phosphorus: 264.78mg (26.48%), Folate: 79.59µg (19.9%), Calcium: 183.03mg (18.3%), Vitamin A: 865.96IU (17.32%), Vitamin B2: 0.29mg (17.27%), Selenium: 11.32µg (16.17%), Vitamin E: 2.32mg (15.44%), Vitamin K: 14.07µg (13.4%), Iron: 2.32mg (12.9%), Vitamin B1: 0.17mg (11.48%), Magnesium: 44.48mg (11.12%), Vitamin B5: 1.06mg (10.56%), Vitamin B3: 1.99mg (9.96%), Potassium: 331.34mg (9.47%), Copper: 0.18mg (9.22%), Vitamin D: 1.23µg (8.17%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.16mg (8.07%), Vitamin B12: 0.29µg (4.76%)