



## Raspberry cranachan trifle



Vegetarian



Popular

READY IN



42 min.

SERVINGS



10

CALORIES



866 kcal

DESSERT

### Ingredients

- ☐ 568 ml double cream
- ☐ 284 ml double cream
- ☐ 250 g mascarpone cheese
- ☐ 140 g powdered sugar sifted
- ☐ 6 tbsp irish whiskey
- ☐ 1 kg raspberries frozen
- ☐ 140 g butter
- ☐ 4 tbsp honey (preferably Scottish heather)

- ☐ 200 g oats whole
- ☐ 100 g brown sugar
- ☐ 100 g hazelnuts roughly chopped
- ☐ 85 g flour plain

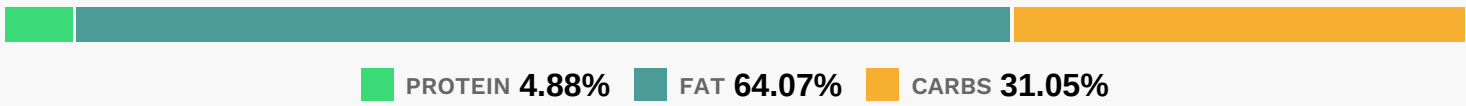
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ First, make the crunchy oats.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Melt the butter and honey in a large saucepan, then stir in the other ingredients until everything is well coated.
- ☐ Spread out on a baking sheet, then bake for 20 mins until crisp. Cool, crumble into pieces, then set aside. Can be stored in an airtight container for up to 3 days.
- ☐ For the whisky cream, beat both pots of double cream with the mascarpone, icing sugar and whisky until it is smooth and holds soft peaks. In a separate bowl, stir a couple tbsps icing sugar into the raspberries to taste.
- ☐ To assemble, spoon some raspberries in the bottom of a glass bowl, followed by a layer of cream and a layer of oats. Repeat 2–3 times, depending on your bowl size, saving the final layer of oats to scatter over before serving with a dusting of icing sugar.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:14.42, Inflammation Score:-9, Nutrition Score:20.169565356296%

## Flavonoids

Cyanidin: 46.44mg, Cyanidin: 46.44mg, Cyanidin: 46.44mg, Cyanidin: 46.44mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.98mg, Pelargonidin: 0.98mg, Pelargonidin: 0.98mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 866.32kcal (43.32%), Fat: 61.66g (94.86%), Saturated Fat: 34.61g (216.31%), Carbohydrates: 67.25g (22.42%), Net Carbohydrates: 57.52g (20.91%), Sugar: 37.88g (42.09%), Cholesterol: 151.95mg (50.65%), Sodium: 132.7mg (5.77%), Alcohol: 3.24g (100%), Alcohol %: 1.35% (100%), Protein: 10.56g (21.12%), Manganese: 2.09mg (104.34%), Vitamin A: 1994.77IU (39.9%), Fiber: 9.74g (38.95%), Vitamin C: 27.39mg (33.2%), Vitamin E: 3.57mg (23.82%), Phosphorus: 203.26mg (20.33%), Magnesium: 75.12mg (18.78%), Copper: 0.37mg (18.59%), Vitamin B1: 0.27mg (18.24%), Vitamin B2: 0.29mg (17.3%), Selenium: 12.08µg (17.26%), Calcium: 151.95mg (15.19%), Folate: 58.37µg (14.59%), Iron: 2.61mg (14.5%), Vitamin K: 13.37µg (12.73%), Potassium: 403.32mg (11.52%), Zinc: 1.7mg (11.3%), Vitamin B5: 0.93mg (9.35%), Vitamin D: 1.37µg (9.14%), Vitamin B6: 0.17mg (8.58%), Vitamin B3: 1.59mg (7.95%), Vitamin B12: 0.16µg (2.68%)