



Raspberry-Lemon Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 16 ounce round cake frozen thawed
- ☐ 2 pint raspberries fresh
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 0.3 cup water

☐ 2 cups whipping cream chilled

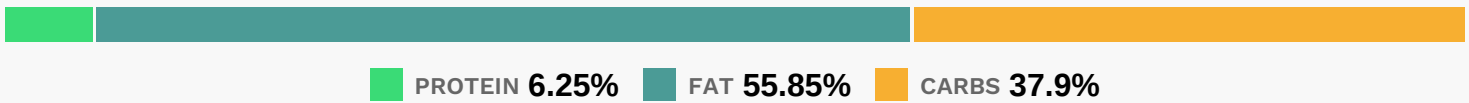
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine sugar, lemon juice, and water in small saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Reduce heat to medium-low and simmer 1 minute. Cover and chill.
- ☐ Whisk eggs, sugar, and lemon juice in heavy medium saucepan to blend.
- ☐ Add butter and lemon peel. Stir over medium heat until curd thickens to pudding consistency, about 10 minutes.
- ☐ Transfer to small bowl. Press plastic wrap onto surface of curd. Chill until cold, at least 4 hours. (Can be made 3 days ahead.)
- ☐ Combine 2 baskets raspberries and 1/4 cup sugar in bowl. Mash berries coarsely with fork.
- ☐ Let stand until juices form, stirring occasionally, about 30 minutes.
- ☐ Cut cake crosswise into 8 pieces.
- ☐ Cut each piece into 3 strips. Line bottom of 3-quart trifle bowl with 8 cake strips, trimming to fit.
- ☐ Drizzle with 3 tablespoons syrup; spread with 2/3 cup curd, then half of mashed berries. Repeat layering. Top with remaining cake, syrup, and curd. Cover; chill overnight.
- ☐ Beat cream and 3 tablespoons sugar in bowl until peaks form; spread over trifle. Mound remaining berries in center.

Nutrition Facts



Properties

Glycemic Index:6.01, Glycemic Load:3.01, Inflammation Score:-5, Nutrition Score:8.5252173879872%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 296.18kcal (14.81%), Fat: 18.86g (29.01%), Saturated Fat: 11.12g (69.49%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 24.75g (9%), Sugar: 17.2g (19.11%), Cholesterol: 124.29mg (41.43%), Sodium: 204.06mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Manganese: 0.46mg (23.03%), Vitamin C: 18.13mg (21.97%), Fiber: 4.04g (16.17%), Vitamin A: 745.77IU (14.92%), Vitamin B2: 0.22mg (12.7%), Selenium: 7.53µg (10.75%), Phosphorus: 100.15mg (10.02%), Folate: 34.09µg (8.52%), Iron: 1.44mg (7.99%), Vitamin E: 1.16mg (7.74%), Vitamin B1: 0.1mg (6.7%), Calcium: 63.92mg (6.39%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.89µg (5.93%), Vitamin K: 6.16µg (5.86%), Magnesium: 20.25mg (5.06%), Potassium: 170.49mg (4.87%), Vitamin B3: 0.94mg (4.69%), Copper: 0.09mg (4.31%), Zinc: 0.64mg (4.24%), Vitamin B6: 0.08mg (4.11%), Vitamin B12: 0.24µg (3.98%)