

Raspberry Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

DESSERT

Ingredients

- 2 cups milk
- 0.3 cup cornstarch
- 2 large eggs
- 20 ladyfingers
- 1 tbsp orange zest freshly grated
- 0.3 cup grand marnier (or Grand Marnier)
- 18 oz raspberries fresh
- 0.5 cup sugar
- 2 tsp vanilla extract

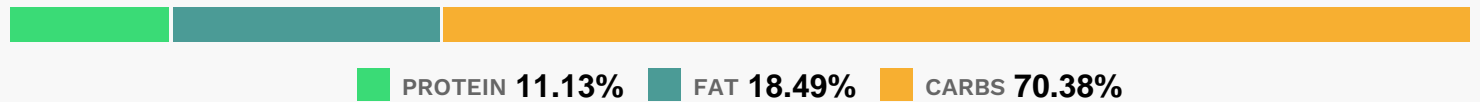
Equipment

- bowl
- frying pan
- sauce pan
- blender
- plastic wrap

Directions

- Stir milk, sugar, cornstarch, and zest in a saucepan. Bring mixture almost to a boil over medium heat. Beat eggs in blender on low speed and slowly add hot milk mixture. Return to pan. Cook over low heat (do not boil), stirring constantly, until custard thickens enough to coat the back of a spoon, about 7 minutes. Stir in vanilla. Cool in refrigerator, stirring once. To assemble, place a layer of ladyfinger halves in the bottom of a glass serving bowl.
- Sprinkle with a little port.
- Spread 1/3 berries and 1/3 custard on top. Continue layering, ending with custard. Cover with plastic wrap; refrigerate 1 hour.
- Self

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:6.41, Inflammation Score:-3, Nutrition Score:6.3586956055268%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg,

Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg,
Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 180.5kcal (9.03%), Fat: 3.56g (5.48%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 27.46g (9.99%), Sugar: 13.89g (15.43%), Cholesterol: 74.66mg (24.89%), Sodium: 58.49mg (2.54%), Alcohol: 1.52g (100%), Alcohol %: 1.53% (100%), Protein: 4.82g (9.64%), Manganese: 0.34mg (17.05%), Vitamin C: 11.9mg (14.42%), Vitamin B2: 0.21mg (12.28%), Fiber: 3.02g (12.1%), Phosphorus: 97.52mg (9.75%), Folate: 29.08µg (7.27%), Calcium: 72.18mg (7.22%), Vitamin B12: 0.42µg (7%), Iron: 1.13mg (6.27%), Vitamin B5: 0.62mg (6.15%), Vitamin B1: 0.09mg (5.68%), Selenium: 3.77µg (5.39%), Zinc: 0.69mg (4.6%), Potassium: 155.31mg (4.44%), Magnesium: 17.3mg (4.33%), Vitamin A: 203.19IU (4.06%), Vitamin B6: 0.08mg (3.8%), Vitamin B3: 0.7mg (3.49%), Copper: 0.07mg (3.44%), Vitamin K: 3.42µg (3.26%), Vitamin E: 0.47mg (3.14%), Vitamin D: 0.17µg (1.11%)