



Raspberry Trifle

READY IN



205 min.

SERVINGS



10

CALORIES



386 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 3 tablespoons cornstarch
- 0.3 teaspoon salt
- 3 cups milk
- 0.5 cup wine dry
- 3 egg yolk beaten
- 3 tablespoons butter
- 1 tablespoon vanilla
- 6 ounces ladyfingers

- 0.5 cup raspberry jam
- 3 cups raspberries fresh frozen thawed drained
- 1 cup whipping cream (heavy)
- 2 tablespoons sugar
- 2 tablespoons slivered almonds toasted
- 1 serving raspberries fresh
- 1 leaves mint leaves fresh

Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Mix 1/2 cup sugar, the cornstarch and salt in 3–quart saucepan. Gradually stir in milk and sherry.
- Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Gradually stir at least half of the hot mixture into egg yolks, then stir back into hot mixture in saucepan. Boil and stir 1 minute; remove from heat. Stir in butter and vanilla. Cover and refrigerate at least 3 hours, but no longer than 24 hours.
- Split ladyfingers horizontally in half; spread each half with raspberry preserves.
- Layer one–fourth of the ladyfingers, cut sides up, 1 1/2 cups of the raspberries and half of the pudding in 2–quart serving bowl. Repeat layers once using remaining 1 1/2 cups raspberries. Arrange remaining ladyfingers around edge of bowl in upright position with cut sides toward center. (It may be necessary to gently ease ladyfingers down into pudding about 1 inch so they remain upright.)
- Beat whipping cream and 2 tablespoons sugar in chilled medium bowl with electric mixer on high speed until stiff; spread over dessert.
- Sprinkle with almonds. Cover and refrigerate until serving time.
- Garnish with additional raspberries and mint leaves. Cover and refrigerate any remaining dessert.

Nutrition Facts

PROTEIN 7.12% FAT 43.95% CARBS 48.93%

Properties

Glycemic Index:31.02, Glycemic Load:16.95, Inflammation Score:-6, Nutrition Score:9.8152174120364%

Flavonoids

Cyanidin: 19.27mg, Cyanidin: 19.27mg, Cyanidin: 19.27mg, Cyanidin: 19.27mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 385.66kcal (19.28%), Fat: 18.62g (28.64%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 43.28g (15.74%), Sugar: 27.09g (30.1%), Cholesterol: 131.59mg (43.86%), Sodium: 166.52mg (7.24%), Alcohol: 1.68g (100%), Alcohol %: 1% (100%), Protein: 6.78g (13.57%), Manganese: 0.4mg (19.99%), Vitamin B2: 0.31mg (17.98%), Phosphorus: 166.77mg (16.68%), Vitamin A: 805.21IU (16.1%), Vitamin C: 12.65mg (15.34%), Calcium: 142.69mg (14.27%), Fiber: 3.36g (13.44%), Vitamin B12: 0.67µg (11.17%), Vitamin D: 1.48µg (9.85%), Vitamin E: 1.42mg (9.49%), Vitamin B5: 0.85mg (8.45%), Folate: 33.67µg (8.42%), Vitamin B1: 0.13mg (8.33%), Selenium: 5.79µg (8.27%), Potassium: 261.26mg (7.46%), Magnesium: 29.64mg (7.41%), Iron: 1.28mg (7.11%), Vitamin B6: 0.13mg (6.43%), Zinc: 0.94mg (6.29%), Copper: 0.1mg (5.13%), Vitamin K: 4.34µg (4.14%), Vitamin B3: 0.8mg (4%)