

Raspberry Trifle

READY IN



205 min.

SERVINGS



10

CALORIES



414 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 3 tablespoons cornstarch
- 0.5 cup wine dry
- 3 egg yolk beaten
- 1 leaves mint leaves fresh
- 6 ounces ladyfingers
- 3 cups milk
- 3 cups raspberries fresh frozen thawed drained
- 10 servings raspberries fresh

- 0.5 cup raspberry jam
- 0.3 teaspoon salt
- 2 tablespoons slivered almonds toasted
- 0.5 cup sugar
- 2 tablespoons sugar
- 1 tablespoon vanilla
- 1 cup whipping cream (heavy)

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 7.2% FAT 41.37% CARBS 51.43%

Properties

Glycemic Index:31.02, Glycemic Load:17.71, Inflammation Score:-7, Nutrition Score:13.346521812937%

Flavonoids

Cyanidin: 43.99mg, Cyanidin: 43.99mg, Cyanidin: 43.99mg, Cyanidin: 43.99mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.94mg, Pelargonidin: 0.94mg, Pelargonidin: 0.94mg, Pelargonidin: 0.94mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 413.74kcal (20.69%), Fat: 18.97g (29.18%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 46.2g (16.8%), Sugar: 29.48g (32.75%), Cholesterol: 131.59mg (43.86%), Sodium: 167.06mg (7.26%), Alcohol: 1.68g (100%), Alcohol %: 0.8% (100%), Protein: 7.43g (14.86%), Manganese: 0.76mg (38.08%), Vitamin C: 26.8mg (32.49%), Fiber: 6.87g (27.48%), Vitamin B2: 0.33mg (19.19%), Phosphorus: 182.43mg (18.24%), Vitamin A: 823.03IU (16.46%), Calcium: 156.19mg (15.62%), Vitamin E: 1.89mg (12.62%), Folate: 45.01µg (11.25%), Vitamin B12: 0.67µg (11.17%), Magnesium: 41.52mg (10.38%), Vitamin B5: 1.02mg (10.23%), Vitamin D: 1.48µg (9.85%), Potassium: 342.8mg (9.79%), Vitamin B1: 0.14mg (9.48%), Iron: 1.65mg (9.18%), Selenium: 5.9µg (8.42%), Vitamin K: 8.56µg (8.15%), Vitamin B6: 0.16mg (7.91%), Zinc: 1.17mg (7.8%), Copper: 0.15mg (7.56%), Vitamin B3: 1.12mg (5.62%)