



 **74%**
HEALTH SCORE

Raspberry Trifle

 **Gluten Free**  **Very Healthy**  **Popular**

READY IN



260 min.

SERVINGS



1

CALORIES



4384 kcal

DESSERT

Ingredients

- 16 ounce cream cheese softened
- 1.5 cups heavy cream
- 2 teaspoons juice of lemon
- 10.8 ounce round cake prepared
- 20 ounce raspberries frozen thawed
- 1.5 teaspoons vanilla extract
- 0.5 cup sugar white

Equipment

bowl

Directions

- In a medium bowl, beat cream with 1/4 cup sugar until stiff peaks form. In another bowl, cream together cream cheese, lemon juice, vanilla and 1/2 cup sugar. Fold 2 cups of whipped cream into cream cheese mixture. Reserve remaining whipped cream.
- Slice pound cake into 18 - 1/2 inch slices.
- Drain raspberries, reserving juice. Line the bottom of a 3 quart glass bowl or trifle bowl with one-third of the cake slices.
- Drizzle with some raspberry juice.
- Spread one-fourth of the cream cheese mixture over cake. Sift one-fourth of the cocoa over that.
- Sprinkle with one-third of the raspberries. Repeat layers twice. Top with remaining cream cheese mixture, whipped cream and sifted cocoa. Cover and refrigerate 4 hours before serving.

Nutrition Facts

 PROTEIN **5.48%**  FAT **59.72%**  CARBS **34.8%**

Properties

Glycemic Index:123.09, Glycemic Load:84.53, Inflammation Score:-10, Nutrition Score:70.502608921217%

Flavonoids

Cyanidin: 259.51mg, Cyanidin: 259.51mg, Cyanidin: 259.51mg, Cyanidin: 259.51mg Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg Delphinidin: 7.48mg, Delphinidin: 7.48mg, Delphinidin: 7.48mg, Delphinidin: 7.48mg Malvidin: 0.74mg, Malvidin: 0.74mg, Malvidin: 0.74mg, Malvidin: 0.74mg Pelargonidin: 5.56mg, Pelargonidin: 5.56mg, Pelargonidin: 5.56mg, Pelargonidin: 5.56mg Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg Catechin: 7.43mg, Catechin: 7.43mg, Catechin: 7.43mg, Catechin: 7.43mg Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg Epicatechin: 19.96mg, Epicatechin: 19.96mg, Epicatechin: 19.96mg, Epicatechin: 19.96mg Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 4384.48kcal (219.22%), Fat: 297.17g (457.19%), Saturated Fat: 176.29g (1101.83%), Carbohydrates: 389.6g (129.87%), Net Carbohydrates: 351.19g (127.71%), Sugar: 265.2g (294.66%), Cholesterol: 1172.39mg (390.8%), Sodium: 3426.62mg (148.98%), Alcohol: 2.06g (100%), Alcohol %: 0.15% (100%), Protein: 61.33g (122.67%), Vitamin A: 11996.68IU (239.93%), Manganese: 4.51mg (225.56%), Vitamin C: 154.56mg (187.35%), Vitamin B2: 2.78mg (163.29%), Fiber: 38.41g (153.63%), Phosphorus: 1275.51mg (127.55%), Selenium: 79.2µg (113.14%), Calcium: 1032.94mg (103.29%), Vitamin E: 12.86mg (85.76%), Folate: 319.41µg (79.85%), Vitamin B1: 1.1mg (73.39%), Iron: 13.12mg (72.9%), Vitamin B5: 6.83mg (68.33%), Vitamin K: 65.78µg (62.65%), Potassium: 2116.94mg (60.48%), Magnesium: 225.39mg (56.35%), Vitamin B3: 9.95mg (49.74%), Zinc: 7.08mg (47.21%), Vitamin B6: 0.86mg (42.77%), Vitamin D: 6.32µg (42.14%), Copper: 0.83mg (41.65%), Vitamin B12: 2.3µg (38.34%)