



Raspberry Trifle with Rum Sauce

 Gluten Free

READY IN



56 min.

SERVINGS



6

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.8 cup confectioners' sugar
- ☐ 12 ounce round cake frozen thawed cut into quarter-size cubes
- ☐ 6 servings raspberries fresh for garnish
- ☐ 0.5 cup raspberry jam
- ☐ 0.8 teaspoon imitation rum extract
- ☐ 12 ounces vanilla pudding refrigerated prepared
- ☐ 3 tablespoons water

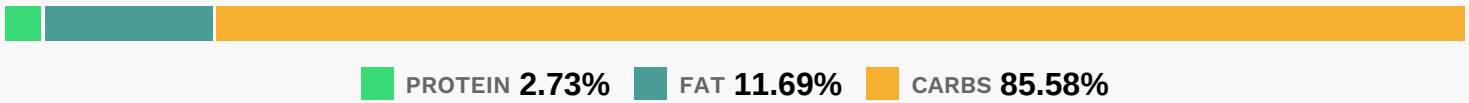
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Heat butter in a large glass bowl in microwave on high until melted, about 30 seconds.
- ☐ Whisk in confectioners' sugar, rum extract, and water, stirring to form a smooth sauce.
- ☐ Heat jam in a small glass bowl in microwave on high until just melted, about 30 seconds. In six small bowls or wineglasses, evenly distribute pound cake cubes. Pack cubes down slightly.
- ☐ Drizzle rum sauce and jam evenly over each. Spoon 3 tablespoons of pudding evenly over each. Refrigerate for 45 minutes.
- ☐ Garnish with raspberries and serve.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:11.41, Inflammation Score:-3, Nutrition Score:8.5286956040756%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 597.82kcal (29.89%), Fat: 7.84g (12.07%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 129.24g (43.08%), Net Carbohydrates: 124.4g (45.24%), Sugar: 96.86g (107.62%), Cholesterol: 72.88mg (24.29%), Sodium: 768.63mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Manganese: 0.54mg (26.88%), Vitamin C: 18.21mg (22.08%), Fiber: 4.84g (19.34%), Vitamin B2: 0.21mg (12.32%), Iron: 2.15mg (11.95%), Vitamin B1: 0.16mg (10.79%), Folate: 42.58µg (10.64%), Phosphorus: 103.28mg (10.33%), Selenium: 6.52µg (9.31%), Vitamin B3: 1.47mg (7.33%), Copper: 0.13mg (6.58%), Calcium: 65.25mg (6.52%), Vitamin E: 0.85mg (5.7%), Vitamin A: 282.05IU (5.64%), Potassium: 181.87mg (5.2%), Magnesium: 20.79mg (5.2%), Vitamin K: 5.28µg (5.03%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.42%), Vitamin B12: 0.15µg (2.47%)