



Raspberry, White Chocolate, and Almond Trifle

READY IN



345 min.

SERVINGS



16

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons almond extract divided
- ☐ 0.8 cup almonds toasted sliced
- ☐ 7 ounces ladyfingers divided crisp (ladyfinger cookies)
- ☐ 3.5 cups cup heavy whipping cream chilled divided
- ☐ 12 ounce raspberries fresh
- ☐ 0.5 ounce raspberries unsweetened frozen divided thawed
- ☐ 1 cup raspberry jam divided melted
- ☐ 0.5 cup sugar

- ☐ 0.5 cup water
- ☐ 12 ounces chocolate white chopped (such as Lindt or Perugina)

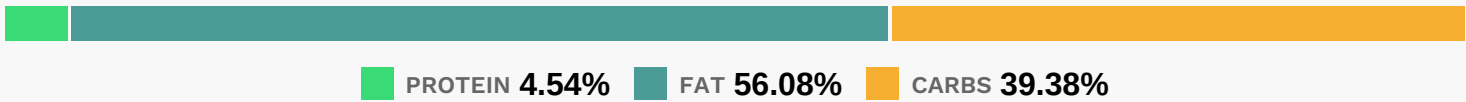
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 1 cup cream to simmer in medium saucepan.
- ☐ Remove from heat.
- ☐ Add white chocolate; whisk until smooth. Cool to barely lukewarm, about 10 minutes. Beat 2 1/2 cups cream and 1/2 teaspoon extract in large bowl to soft peaks. Fold in white chocolate mixture.
- ☐ Stir sugar and 1/2 cup water in small saucepan over medium heat until sugar melts.
- ☐ Mix in 3/4 teaspoon extract; remove syrup from heat. Quickly submerge 1 biscuit in syrup; shake excess back into pan.
- ☐ Place dipped biscuit in bottom of 14-cup trifle dish. Repeat with enough biscuits to cover bottom of dish.
- ☐ Spread 1/3 of melted jam over biscuits in dish. Top with 1/3 of partially thawed berries with juices.
- ☐ Spread 1/3 of whipped chocolate cream over. Repeat layering with dipped biscuits, melted jam, partially thawed berries, and whipped chocolate cream 2 more times. Mound fresh berries in center of trifle.
- ☐ Sprinkle almonds around edge. Cover and chill at least 5 hours and up to 24 hours.
- ☐ *Available at some supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:21.42, Inflammation Score:-5, Nutrition Score:7.5739130559175%

Flavonoids

Cyanidin: 10.24mg, Cyanidin: 10.24mg, Cyanidin: 10.24mg, Cyanidin: 10.24mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 457.41kcal (22.87%), Fat: 29.08g (44.74%), Saturated Fat: 16.7g (104.38%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 43.56g (15.84%), Sugar: 31.81g (35.35%), Cholesterol: 90.71mg (30.24%), Sodium: 58.95mg (2.56%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.3g (10.6%), Vitamin A: 848.01IU (16.96%), Vitamin B2: 0.29mg (16.83%), Manganese: 0.29mg (14.42%), Vitamin E: 2.01mg (13.37%), Phosphorus: 120.3mg (12.03%), Calcium: 104.21mg (10.42%), Vitamin C: 8.09mg (9.81%), Fiber: 2.38g (9.52%), Magnesium: 25.16mg (6.29%), Copper: 0.12mg (5.89%), Potassium: 206.29mg (5.89%), Vitamin D: 0.83µg (5.55%), Folate: 22.01µg (5.5%), Iron: 0.97mg (5.38%), Vitamin B1: 0.08mg (5.23%), Vitamin K: 5.33µg (5.07%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.3µg (4.92%), Selenium: 3.2µg (4.57%), Zinc: 0.67mg (4.44%), Vitamin B3: 0.75mg (3.75%), Vitamin B6: 0.07mg (3.38%)