



Red Velvet-Raspberry Tiramisù Trifle

 Vegetarian  Gluten Free

READY IN



305 min.

SERVINGS



10

CALORIES



566 kcal

DESSERT

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 16 oz mascarpone cheese
- ☐ 0.3 cup orange juice fresh
- ☐ 18 oz raspberries fresh
- ☐ 1 cup raspberry jam seedless
- ☐ 0.3 cup raspberry liqueur black
- ☐ 10 servings powdered sugar red
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

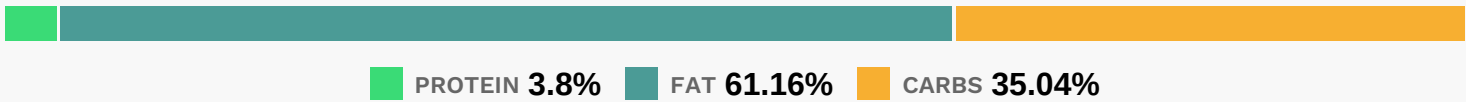
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Whisk together first 3 ingredients in a small bowl.
- ☐ Stir together mascarpone cheese in a large bowl.
- ☐ Beat heavy cream at high speed with an electric mixer until foamy; gradually add sugar and vanilla, beating until soft peaks form. Stir one-fourth of whipped cream into mascarpone using a rubber spatula; fold in remaining whipped cream.
- ☐ Arrange one-third of Red Velvet Madeleines in a 3-qt. trifle dish; drizzle with one-third of jam mixture, top with 1 container of raspberries, and dollop with one-third of mascarpone mixture. Repeat layers twice. Cover and chill 4 to 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:18.38, Inflammation Score:-7, Nutrition Score:7.1204348284265%

Flavonoids

Cyanidin: 23.36mg, Cyanidin: 23.36mg, Cyanidin: 23.36mg, Cyanidin: 23.36mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg

0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 565.91kcal (28.3%), Fat: 38g (58.47%), Saturated Fat: 23.67g (147.93%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 45.27g (16.46%), Sugar: 37.08g (41.2%), Cholesterol: 99.15mg (33.05%), Sodium: 49.99mg (2.17%), Alcohol: 1.67g (100%), Alcohol %: 1.03% (100%), Protein: 5.31g (10.63%), Vitamin A: 1363.99IU (27.28%), Vitamin C: 19.75mg (23.94%), Manganese: 0.36mg (17.97%), Fiber: 3.7g (14.81%), Calcium: 115.41mg (11.54%), Vitamin B2: 0.14mg (8.26%), Vitamin E: 0.93mg (6.17%), Vitamin K: 5.51µg (5.25%), Vitamin D: 0.76µg (5.08%), Phosphorus: 50.3mg (5.03%), Potassium: 163.51mg (4.67%), Copper: 0.09mg (4.58%), Folate: 18.22µg (4.56%), Magnesium: 16.83mg (4.21%), Selenium: 2.32µg (3.32%), Iron: 0.59mg (3.28%), Vitamin B5: 0.31mg (3.08%), Vitamin B6: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.48%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.38mg (1.91%), Vitamin B12: 0.08µg (1.27%)