



Red, White and Blueberry Trifle

 Vegetarian

READY IN



525 min.

SERVINGS



12

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 12 ounces angel food cake prepared
- ☐ 1.5 tablespoons apricot preserves for garnish, optional
- ☐ 6 ounce blackberries
- ☐ 12 ounce blueberries
- ☐ 12 servings confectioners' sugar for garnish, optional
- ☐ 8 ounce cream cheese
- ☐ 0.8 cup granulated sugar
- ☐ 2 cups heavy cream

- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 32 ounce strawberries
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Trim and quarter the strawberries and set aside.
- ☐ Combine the blueberries, blackberries, 1/2 cup granulated sugar, 1/3 cup water, lemon zest, juice and salt in a medium saucepot. Bring to a simmer over medium heat and continue to cook, stirring occasionally, until the berries break down and the sauce thickens, 15 to 20 minutes.
- ☐ Remove from the heat and cool.
- ☐ Place the cream cheese, 1/4 cup cream, the remaining 1/4 cup granulated sugar and the vanilla extract in a large bowl and beat on medium speed until smooth and fluffy. In a second large bowl, whip the remaining cream until stiff peaks form. Fold about one-quarter of the whipped cream into the cream cheese mixture until lightened, and then fold in the remaining whipped cream.
- ☐ To assemble the trifle, rip or cut the angel food cake into 2-inch pieces.
- ☐ Place half the cake pieces in the bottom of a 12-to-14-cup trifle dish or large bowl. Top with about half the blueberry sauce, half the cream and half the quartered strawberries. Repeat the layers with the remaining cake, berry sauce, cream and strawberries. Cover with plastic wrap and chill 8 hours or overnight. Before serving either dust with confectioners' sugar or heat the apple jelly in the microwave for 25 seconds to loosen, and then brush over the strawberries.

Nutrition Facts



 **PROTEIN 4.71%**  **FAT 45.6%**  **CARBS 49.69%**

Properties

Glycemic Index:16.84, Glycemic Load:12.25, Inflammation Score:-7, Nutrition Score:10.246521768363%

Flavonoids

Cyanidin: 17.84mg, Cyanidin: 17.84mg, Cyanidin: 17.84mg, Cyanidin: 17.84mg Petunidin: 9.02mg, Petunidin: 9.02mg, Petunidin: 9.02mg, Petunidin: 9.02mg Delphinidin: 10.28mg, Delphinidin: 10.28mg, Delphinidin: 10.28mg, Delphinidin: 10.28mg Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg Pelargonidin: 18.85mg, Pelargonidin: 18.85mg, Pelargonidin: 18.85mg, Pelargonidin: 18.85mg Peonidin: 5.82mg, Peonidin: 5.82mg, Peonidin: 5.82mg, Peonidin: 5.82mg Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 406.68kcal (20.33%), Fat: 21.35g (32.84%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 49.32g (17.93%), Sugar: 39.2g (43.55%), Cholesterol: 63.91mg (21.3%), Sodium: 220.66mg (9.59%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 4.96g (9.92%), Vitamin C: 51.71mg (62.68%), Manganese: 0.5mg (25.07%), Vitamin A: 896.95IU (17.94%), Phosphorus: 133.96mg (13.4%), Vitamin B2: 0.21mg (12.15%), Fiber: 3.02g (12.1%), Vitamin K: 11.64µg (11.08%), Selenium: 7.72µg (11.02%), Calcium: 87.22mg (8.72%), Folate: 30.9µg (7.72%), Potassium: 266.65mg (7.62%), Vitamin E: 1.08mg (7.23%), Copper: 0.11mg (5.37%), Magnesium: 21.39mg (5.35%), Vitamin B1: 0.07mg (4.36%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.41mg (4.13%), Vitamin B6: 0.08mg (4.11%), Iron: 0.63mg (3.49%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.59mg (2.96%), Vitamin B12: 0.11µg (1.89%)