



## Rhubarb, apple & ginger crunch trifle

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



453 kcal

DESSERT

### Ingredients

- 85 g oatmeal
- 1 tsp ground ginger
- 100 g brown sugar
- 3 bramley apples cored peeled sliced into 2cm wedges) ( 800g 1lb 12oz in total)
- 2 balls ginger chopped
- 700 g rhubarb trimmed cut into thumb-length pieces
- 284 ml double cream
- 600 ml vanilla

- 300 g ginger bought sliced (shop )
- 1 tbsp cooking wine

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper

## Directions

- Heat the oatmeal, ground ginger and half the sugar in a non-stick frying pan until the sugar starts to caramelize and the oatmeal toasts, stirring often. Tip onto non-stick baking paper to cool, then break into crumbly nuggets. Make up to 2 days ahead and keep in an airtight container.
- Put the apples in a large saucepan, then add the chopped ginger, 50ml water and remaining caster sugar. Bring to a simmer, then gently cook for about 7 mins, adding the rhubarb halfway through, until both are softened, but not mushy.
- Add more sugar to taste, if you like, then leave to cool. Make up to 1 day ahead and keep in the fridge.
- Lightly whip the cream and fold half of it into the custard. Line the base of a large serving bowl with cake, sprinkle over the wine, then spoon over the fruit, draining off any excess juice.
- Add a layer of the oatmeal, cover with the custard, then finish with the rest of the cream, slivered ginger and oatmeal. Best assembled shortly before serving. Each element can be made the day before, then layered up when ready to eat.

## Nutrition Facts



PROTEIN 3.91% FAT 39.97% CARBS 56.12%

## Properties

Glycemic Index:18.81, Glycemic Load:4.36, Inflammation Score:-7, Nutrition Score:9.41652181615%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 452.74kcal (22.64%), Fat: 13.68g (21.04%), Saturated Fat: 8.4g (52.51%), Carbohydrates: 43.2g (14.4%), Net Carbohydrates: 39.02g (14.19%), Sugar: 30.26g (33.62%), Cholesterol: 40.35mg (13.45%), Sodium: 28.75mg (1.25%), Alcohol: 22.88g (100%), Alcohol %: 9.05% (100%), Protein: 3.01g (6.02%), Manganese: 0.58mg (29.04%), Vitamin K: 28.35µg (27%), Potassium: 642.09mg (18.35%), Fiber: 4.18g (16.72%), Vitamin C: 12.24mg (14.84%), Vitamin A: 651.14IU (13.02%), Calcium: 127.95mg (12.79%), Magnesium: 45.24mg (11.31%), Vitamin B2: 0.19mg (11.12%), Copper: 0.19mg (9.42%), Vitamin B6: 0.15mg (7.36%), Phosphorus: 66.7mg (6.67%), Vitamin E: 0.79mg (5.3%), Vitamin B3: 0.97mg (4.87%), Iron: 0.85mg (4.73%), Selenium: 3.15µg (4.5%), Vitamin B1: 0.06mg (4.08%), Vitamin D: 0.57µg (3.81%), Folate: 14.56µg (3.64%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.52mg (3.48%)