



Sherried Banana-Strawberry Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 cups bananas sliced (2 large)
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.7 cup cooking sherry dry
- ☐ 1 large eggs
- ☐ 2 large egg yolks
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 cups milk 2% reduced-fat

- ☐ 12 servings classic genoise
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup strawberry jam seedless
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

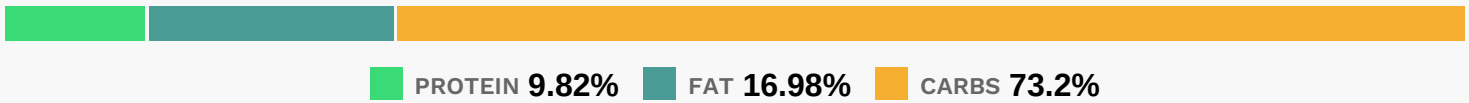
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Prepare Classic Genoise in a 15 x 10-inch jelly-roll pan. Cool completely.
- ☐ To prepare the custard, combine sugar and next 4 ingredients (sugar through egg) in a bowl; stir well with a whisk, and set aside.
- ☐ Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around the edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat until thick and bubbly (about 5 minutes), stirring constantly. Reduce heat to low; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Place pan in a large ice-filled bowl until egg mixture comes to room temperature, stirring occasionally.
- ☐ Remove pan from ice; stir in lemon rind and vanilla.
- ☐ Combine the jam and juice in a small microwave-safe bowl. Microwave at high for 15 seconds, stirring until the jam dissolves. Set aside.
- ☐ Cut cake crosswise into 5 (3-inch- wide) pieces.

- ☐
- Cut cake lengthwise into 8 (1 1/4-inch) pieces to equal 40 pieces. Arrange 14 cake pieces in a single layer in the bottom of a 2-quart trifle bowl or souffle dish. Lightly brush cake pieces with sherry.
- ☐
- Spread half of strawberry mixture over cake in dish; top with 1 cup bananas.
- ☐
- Spread half of custard over bananas. Arrange 13 cake pieces over custard, and brush with sherry.
- ☐
- Spread remaining strawberry mixture over cake; top with 1 cup bananas and remaining custard. Top with 13 cake pieces; brush with remaining sherry. Cover and chill for at least 8 hours. Uncover and spread whipped topping over top; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:13.93, Inflammation Score:-2, Nutrition Score:4.8956521982732%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 315.55kcal (15.78%), Fat: 5.88g (9.04%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 57.01g (19%), Net Carbohydrates: 55.07g (20.03%), Sugar: 26.3g (29.22%), Cholesterol: 49.43mg (16.48%), Sodium: 474.56mg (20.63%), Alcohol: 1.49g (100%), Alcohol %: 1.06% (100%), Protein: 7.65g (15.29%), Iron: 1.95mg (10.85%), Vitamin B2: 0.17mg (9.87%), Phosphorus: 81.34mg (8.13%), Fiber: 1.93g (7.74%), Calcium: 70.51mg (7.05%), Vitamin B6: 0.14mg (6.94%), Manganese: 0.14mg (6.85%), Selenium: 4.77µg (6.82%), Potassium: 198.25mg (5.66%), Vitamin C: 4.63mg (5.61%), Vitamin B12: 0.32µg (5.33%), Magnesium: 19mg (4.75%), Vitamin E: 0.65mg (4.32%), Folate: 16.08µg (4.02%), Vitamin B5: 0.39mg (3.92%), Copper: 0.06mg (3.09%), Zinc: 0.43mg (2.9%), Vitamin B1: 0.04mg (2.57%), Vitamin A: 126.76IU (2.54%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.3mg (1.5%)