



## Sticky Toffee Trifle with Cranberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



183 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup rum dark
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup slivered medjool dates pitted (see notes)
- ☐ 1 quart whipping cream

### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

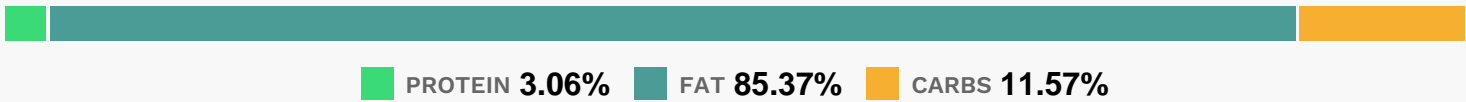
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ skewers

## Directions

- ☐ In a bowl, with a mixer on high speed, whip 2 cups cream with 2 tablespoons each granulated sugar and rum until soft peaks form.
- ☐ In the bottom of a 4- to 5-quart trifle dish or straight-sided glass bowl, spread a third of the date cake cubes level.
- ☐ Drizzle 1/3 cup toffee sauce evenly over cake. Spoon about 1 cup poached cranberries (including juices) over sauce.
- ☐ Spread about half the whipped cream evenly over cranberries. Repeat with another layer of cake, sauce, cranberries, and whipped cream.
- ☐ Layer remaining third of the cake cubes over the whipped cream, drizzle with 1/3 cup toffee sauce, and spoon remaining cranberries over the top. Cover with plastic wrap and chill at least 8 hours.
- ☐ In a bowl, with a mixer on high speed, whip remaining 2 cups cream with remaining 2 tablespoons each granulated sugar and rum until soft peaks form.
- ☐ Spread over trifle and garnish with slivered dates.
- ☐ To serve, scoop portions onto plates. Pass remaining toffee sauce to add to taste.
- ☐ Put 3/4 cup chopped pitted Medjool dates in a blender or food processor.
- ☐ Pour in 1/2 cup boiling water and let stand for 5 minutes. Whirl until smooth.
- ☐ In a bowl, with a mixer on medium speed (use paddle attachment with standing mixer), beat 3/4 cup (3/8 lb.) room-temperature butter, 1 cup firmly packed brown sugar, and the date pure until well blended and smooth.
- ☐ Add 4 large eggs, one at a time, beating well after each addition.
- ☐ In another bowl, stir together 2 cups all-purpose flour, 1 1/2 teaspoons baking powder, 1/2 teaspoon salt, and 1/4 teaspoon baking soda; stir into butter mixture until well blended.

- Scrape batter into a buttered and floured 9-inch square baking pan.
- ☐ Bake in a 350 oven until a wooden skewer inserted into center of cake comes out clean, 35 to 40 minutes.
  - ☐ Let cake cool in pan on a rack for 10 minutes, then invert onto rack; remove pan and let cake cool completely.
  - ☐ Trim off dark edges of cake; reserve for another use or discard.
  - ☐ Cut remaining cake into 1-inch cubes.
  - ☐ Toffee sauce. In a 1- to 2-quart pan over medium heat, stir 1 1/2 cups firmly packed dark brown sugar, 1/4 cup (1/8 lb.) butter, 2 tablespoons light corn syrup, and 1 teaspoon lemon juice until sugar is dissolved and mixture is foamy, about 5 minutes.
  - ☐ Whisk in 2 tablespoons vanilla and cook 1 minute longer.
  - ☐ Whisk in 1 1/2 cups whipping cream and remove from heat. Makes 2 cups.
  - ☐ Poached cranberries: In a 3- to 4-quart pan over medium-high heat, stir 1 1/2 cups orange juice, 3/4 cup granulated sugar, and 1/2 teaspoon vanilla until sugar is dissolved.
  - ☐ Add 12 ounces rinsed and sorted fresh cranberries or thawed frozen ones; simmer gently just until skins begin to split, about 5 minutes.
  - ☐ Remove from heat and chill until cool, at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.25, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:2.0791304500207%

## Nutrients (% of daily need)

Calories: 182.52kcal (9.13%), Fat: 17.09g (26.3%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 5.09g (1.85%), Sugar: 5.1g (5.66%), Cholesterol: 53.47mg (17.82%), Sodium: 12.85mg (0.56%), Alcohol: 1g (100%), Alcohol %: 2.32% (100%), Protein: 1.38g (2.75%), Vitamin A: 698.31IU (13.97%), Vitamin B2: 0.09mg (5.33%), Vitamin D: 0.76µg (5.05%), Calcium: 32.43mg (3.24%), Vitamin E: 0.44mg (2.9%), Phosphorus: 28.7mg (2.87%), Selenium: 1.43µg (2.05%), Potassium: 57.85mg (1.65%), Vitamin K: 1.56µg (1.49%), Vitamin B5: 0.14mg (1.35%), Vitamin B12: 0.08µg (1.26%), Magnesium: 4.3mg (1.08%), Vitamin B6: 0.02mg (1.06%)