



Strawberry-Blackberry Summer Trifle

 Vegetarian

READY IN

ready

195 min.

SERVINGS

servings

12

CALORIES

calories

290 kcal

DESSERT

Ingredients

- ☐ 1 angel food cake prepared
- ☐ 10 ounces blackberries
- ☐ 2 cups heavy cream chilled
- ☐ 0.3 cup lychee syrup
- ☐ 2 pounds strawberries
- ☐ 0.8 cup sugar

Equipment

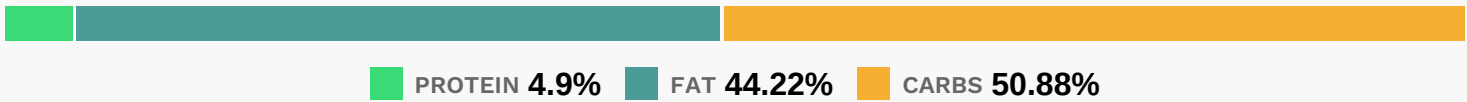
- ☐ bowl

- ☐ ladle
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Reserve a handful of the prettiest whole strawberries and blackberries for topping the trifle.
- ☐ Hull and halve the remaining strawberries, and toss them with the sugar in a medium bowl, cover with plastic wrap and set aside until they get juicy, about 1 hour. (If you're in a hurry, set the bowl over a pot of simmering water for about 5 minutes to speed this up.)
- ☐ Whip the cream in a chilled bowl until it holds soft peaks. Fold the elderflower syrup into the cream and keep chilled until ready to assemble the trifle.
- ☐ Tear or cut the angel food cake into 2-inch pieces. Scatter about half the cake on the bottom of a trifle dish or clear glass bowl. Ladle half of the berries and their juices on top of the cake, and then top with half the whipped cream. Repeat with the remaining cake, berries and cream to finish the trifle.
- ☐ Garnish the top of the trifle with the reserved whole berries and refrigerate for 2 and up to 24 hours.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:10.7, Inflammation Score:-6, Nutrition Score:8.8143478269162%

Flavonoids

Cyanidin: 24.88mg, Cyanidin: 24.88mg, Cyanidin: 24.88mg, Cyanidin: 24.88mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.89mg, Pelargonidin: 18.89mg, Pelargonidin: 18.89mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 11.11mg, Catechin: 11.11mg, Catechin: 11.11mg, Catechin: 11.11mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.24mg,

Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg
Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.44mg, Kaempferol:
0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg,
Myricetin: 0.19mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin:
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 14.79g (22.75%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 38.28g (12.76%),
Net Carbohydrates: 35.46g (12.9%), Sugar: 27.12g (30.14%), Cholesterol: 44.82mg (14.94%), Sodium: 156.61mg
(6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 49.65mg (60.18%),
Manganese: 0.46mg (23.16%), Vitamin A: 642.73IU (12.85%), Fiber: 2.82g (11.28%), Phosphorus: 112.08mg (11.21%),
Vitamin B2: 0.15mg (8.9%), Selenium: 6µg (8.57%), Folate: 29.32µg (7.33%), Vitamin K: 7.64µg (7.27%), Calcium:
69.05mg (6.91%), Potassium: 230.12mg (6.57%), Vitamin E: 0.86mg (5.76%), Copper: 0.1mg (4.99%), Magnesium:
19.6mg (4.9%), Vitamin D: 0.63µg (4.23%), Vitamin B1: 0.05mg (3.45%), Iron: 0.57mg (3.15%), Vitamin B5: 0.29mg
(2.92%), Vitamin B6: 0.06mg (2.9%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.36mg (2.43%), Vitamin B12: 0.07µg (1.2%)