



Strawberry-Orange Trifle

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 11.3 oz lemon curd
- ☐ 10 servings garnish: mint sprigs fresh
- ☐ 2 tablespoons orange juice
- ☐ 4 oranges halved
- ☐ 1 qt strawberries halved
- ☐ 3 tablespoons sugar
- ☐ 1.5 cups whipping cream

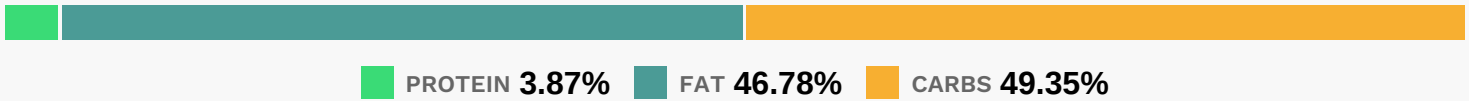
Equipment

- ☐ bowl
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Toss together first 4 ingredients, and let stand at room temperature 10 minutes.
- ☐ Meanwhile, beat whipping cream and lemon curd at low speed with an electric mixer until blended. Gradually increase mixer speed, beating until medium peaks form.
- ☐ Layer one-third each of fruit mixture and curd mixture in a large bowl. Top with half of crushed cookies. Repeat layers once. Top with remaining one-third fruit mixture and curd mixture. Cover and chill at least 1 hour or up to 8 hours.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Keebler Sandies Simply Shortbread cookies.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:6.76, Inflammation Score:-7, Nutrition Score:9.8939130487649%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 14.38mg, Hesperetin: 14.38mg, Hesperetin: 14.38mg, Hesperetin: 14.38mg Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.29mg

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 307.41kcal (15.37%), Fat: 16.21g (24.94%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 35.19g (12.8%), Sugar: 34.35g (38.17%), Cholesterol: 40.34mg (13.45%), Sodium: 107.28mg (4.66%), Alcohol: 0.78g (100%), Alcohol %: 0.44% (100%), Protein: 3.01g (6.03%), Vitamin C: 84.05mg (101.88%), Manganese: 0.39mg (19.56%), Vitamin A: 696.53IU (13.93%), Fiber: 3.29g (13.18%), Folate: 41µg (10.25%), Potassium: 280.21mg (8.01%), Vitamin B2: 0.11mg (6.62%), Calcium: 62.16mg (6.22%), Magnesium: 20.93mg (5.23%), Phosphorus: 51.66mg (5.17%), Vitamin B1: 0.08mg (5.09%), Vitamin E: 0.7mg (4.65%), Vitamin B6: 0.09mg (4.49%), Copper: 0.08mg (3.88%), Vitamin D: 0.57µg (3.81%), Vitamin B5: 0.34mg (3.44%), Vitamin K: 3.22µg (3.07%), Iron: 0.53mg (2.95%), Vitamin B3: 0.56mg (2.79%), Selenium: 1.74µg (2.49%), Zinc: 0.27mg (1.78%)