



Strawberry-Pretzel Trifles

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



702 kcal

DESSERT

Ingredients

- 1 cup confectioners' sugar
- 16 ounce cream cheese at room temperature
- 1 large egg white
- 1 tablespoon flour all-purpose
- 0.3 cup granulated sugar
- 0.8 cup granulated sugar
- 1.3 cups heavy cream cold
- 8 servings kosher salt

- 1 tablespoon juice of lemon fresh
- 3.5 cups pretzel twists
- 6 cups strawberries halved
- 1 stick butter unsalted melted plus more for the pan
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- blender
- cake form

Directions

- Combine 4 cups strawberries and the granulated sugar in a large saucepan over medium heat. Cook until bubbling, then increase the heat to medium high and cook, stirring occasionally, until the berries are soft and the liquid is thick enough to coat the back of a spoon, about 15 minutes.
- Remove from the heat and stir in the remaining 2 cups strawberries and the lemon juice.
- Let cool, then transfer to a bowl, cover and refrigerate at least 1 hour or overnight.
- Meanwhile, make the crumble: Preheat the oven to 350 degrees F. Generously butter a 9-inch-round cake pan.
- Combine 3 cups pretzels, the melted butter, egg white, granulated sugar, flour and 1/4 teaspoon salt in a food processor; pulse until a wet dough forms. Press the dough evenly into the prepared pan. Break the remaining 1/2 cup pretzels into pieces and press into the dough.
- Bake until golden, 25 to 30 minutes.
- Transfer to a rack and let cool completely in the pan, then break into bite-size pieces.

- Make the cream: Just before serving, beat the cream cheese, confectioners' sugar and vanilla in a large bowl with a mixer on medium–high speed until smooth, about 2 minutes. Beat the heavy cream in another bowl with a mixer on medium–high speed until soft peaks form, about 3 minutes. Gently fold half of the whipped cream into the cream cheese mixture, then fold in the rest.
- Layer the cream, crumble and strawberry mixtures in individual glasses or bowls. Cover and chill, at least 1 hour and up to 6 hours.
- Photograph by Con Poulos

Nutrition Facts

PROTEIN 4.33% **FAT 56.64%** **CARBS 39.03%**

Properties

Glycemic Index:45.65, Glycemic Load:34.61, Inflammation Score:-8, Nutrition Score:13.722608638846%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 702.15kcal (35.11%), Fat: 45.36g (69.79%), Saturated Fat: 27.35g (170.96%), Carbohydrates: 70.32g (23.44%), Net Carbohydrates: 67.5g (24.54%), Sugar: 50.76g (56.4%), Cholesterol: 129.66mg (43.22%), Sodium: 622.56mg (27.07%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 7.8g (15.6%), Vitamin C: 64.84mg (78.6%), Vitamin A: 1674.18IU (33.48%), Manganese: 0.61mg (30.4%), Vitamin B2: 0.32mg (18.95%), Folate: 68.84µg (17.21%), Phosphorus: 137.16mg (13.72%), Selenium: 8.78µg (12.54%), Fiber: 2.82g (11.29%), Calcium: 106.37mg

(10.64%), Vitamin E: 1.56mg (10.41%), Potassium: 331.54mg (9.47%), Vitamin B1: 0.13mg (8.93%), Iron: 1.47mg (8.17%), Vitamin B3: 1.54mg (7.71%), Magnesium: 28.26mg (7.06%), Vitamin B5: 0.65mg (6.46%), Vitamin K: 6.27µg (5.97%), Vitamin B6: 0.11mg (5.57%), Vitamin D: 0.81µg (5.38%), Copper: 0.1mg (5.17%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.21µg (3.53%)