



## Strawberry Shortcake Trifle

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



290 kcal

DESSERT

### Ingredients

- 0.3 cup cornstarch
- 2 large eggs
- 1 loaf round cake cut into 16 slices
- 0.3 teaspoon salt
- 2 cups strawberries thinly sliced
- 0.5 cup strawberry jam
- 0.5 cup sugar
- 2 tablespoons triple sec (or orange juice)

- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 2 cups milk whole

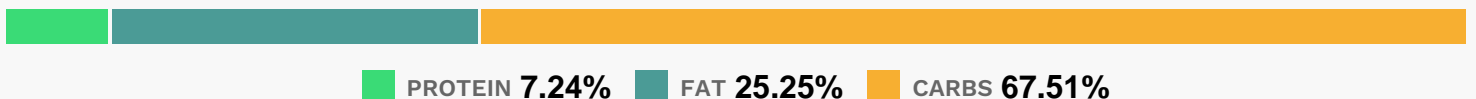
## Equipment

- bowl
- frying pan
- whisk
- sieve

## Directions

- In a pan, combine milk and salt. Warm over medium heat until milk is just below a simmer. In a bowl, whisk together sugar, cornstarch and eggs until smooth.
- Whisking constantly, slowly pour 1/3 of milk into sugar mixture.
- Whisk mixture back into pan with remaining milk; return pan to medium heat. Cook, whisking constantly, until mixture begins to thicken, about 5 minutes.
- Pour through a fine-mesh sieve into a clean bowl; whisk in butter and vanilla. Cover with plastic, pressing it directly on surface of custard to prevent a skin from forming. Refrigerate until completely cool, about 1 hour.
- When custard is cool, arrange cake slices on a work surface.
- Spread one side thinly with jam. Line bottom of a glass trifle dish with 1/3 of pound cake slices, jam side up. Top with 1/3 of strawberries, and drizzle with 1/3 of triple sec.
- Spread with 1/3 of custard. Repeat layering until you have used all cake, berries, custard and triple sec, ending with custard. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:42.52, Glycemic Load:25.04, Inflammation Score:-4, Nutrition Score:8.0934782131858%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 289.66kcal (14.48%), Fat: 8.21g (12.63%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 48.04g (17.47%), Sugar: 37.32g (41.47%), Cholesterol: 81.96mg (27.32%), Sodium: 163.33mg (7.1%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 5.3g (10.59%), Vitamin C: 33.55mg (40.67%), Phosphorus: 135.1mg (13.51%), Vitamin B2: 0.23mg (13.41%), Calcium: 124.99mg (12.5%), Selenium: 7.74µg (11.05%), Manganese: 0.21mg (10.56%), Vitamin B12: 0.6µg (9.93%), Vitamin D: 1.3µg (8.66%), Potassium: 254.38mg (7.27%), Vitamin A: 355.73IU (7.11%), Vitamin B5: 0.64mg (6.41%), Folate: 24.39µg (6.1%), Vitamin B6: 0.11mg (5.44%), Fiber: 1.33g (5.33%), Magnesium: 20.11mg (5.03%), Vitamin B1: 0.07mg (4.94%), Zinc: 0.65mg (4.31%), Iron: 0.68mg (3.77%), Copper: 0.07mg (3.6%), Vitamin E: 0.5mg (3.33%), Vitamin B3: 0.32mg (1.62%), Vitamin K: 1.68µg (1.6%)