



Strawberry-Sugar Biscuit Trifle

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 12 servings trifle custard
- ☐ 6 tablespoons orange juice divided
- ☐ 0.3 cup powdered sugar
- ☐ 12 servings garnishes: strawberries
- ☐ 2.5 pounds strawberries halved
- ☐ 12 servings sugar biscuits
- ☐ 1.5 cups whipping cream

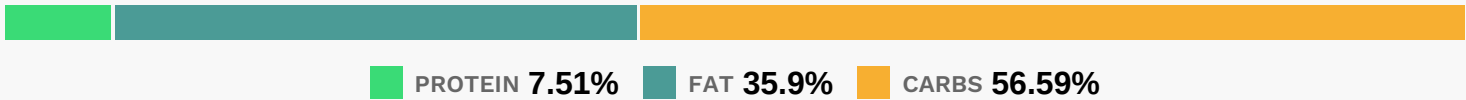
Equipment

☐ bowl

Directions

- ☐ Cut Sugar Biscuits in half; brush cut sides evenly with 5 tablespoons orange liqueur.
- ☐ Line bottom of a 4-quart bowl or trifle bowl with eight Sugar Biscuit halves. Arrange strawberry halves around lower edge of bowl. Spoon one-third of Trifle Custard evenly over Sugar Biscuit halves; top with one-third of remaining strawberry halves. Repeat layers twice, ending with strawberry layer.
- ☐ Drizzle remaining orange liqueur evenly over top. Cover and chill 3 to 4 hours.
- ☐ Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Spread over trifle; serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:22.88, Inflammation Score:-8, Nutrition Score:18.568260939225%

Flavonoids

Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 59.27mg, Pelargonidin: 59.27mg, Pelargonidin: 59.27mg, Pelargonidin: 59.27mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg, Epicatechin 3-gallate: 0.36mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 428.51kcal (21.43%), Fat: 17.16g (26.39%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 60.84g (20.28%), Net Carbohydrates: 56.07g (20.39%), Sugar: 36.16g (40.18%), Cholesterol: 105.53mg (35.18%), Sodium: 129.63mg (5.64%), Alcohol: 1.95g (100%), Alcohol %: 0.57% (100%), Protein: 8.08g (16.15%), Vitamin C: 140.56mg (170.37%), Manganese: 0.93mg (46.63%), Phosphorus: 258.24mg (25.82%), Calcium: 254mg (25.4%), Vitamin B2: 0.42mg (24.84%), Potassium: 687.58mg (19.65%), Fiber: 4.77g (19.08%), Folate: 71.12µg (17.78%), Selenium: 10.42µg (14.88%), Vitamin D: 2.17µg (14.45%), Vitamin A: 722.56IU (14.45%), Magnesium: 55.87mg (13.97%), Vitamin B5: 1.36mg (13.6%), Vitamin B12: 0.78µg (13.01%), Vitamin B6: 0.21mg (10.64%), Vitamin B1: 0.15mg (9.97%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.2%), Zinc: 1.13mg (7.52%), Vitamin E: 1.05mg (7%), Vitamin K: 6.48µg (6.17%), Vitamin B3: 1.14mg (5.68%)