

Strawberry Tiramisu Trifle

READY IN



20 min.

SERVINGS



4

CALORIES



439 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 1 cup curd cottage cheese
- 0.8 cup heavy whipping cream
- 1 tablespoon coffee granules instant nescafe® (such as)
- 5.3 ounce ladyfinger cookies
- 16 ounce strawberries fresh hulled sliced
- 0.3 cup water hot

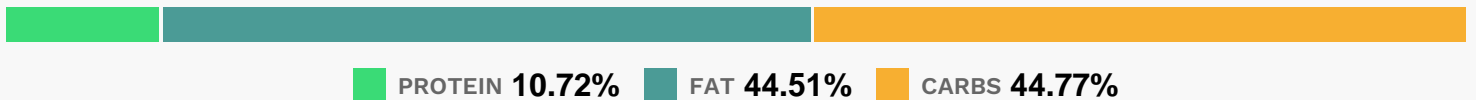
Equipment

- bowl
- hand mixer

Directions

- Stir instant coffee granules and water together in a bowl until dissolved.
- Let cool.
- Beat cottage cheese, cream, and confectioners' sugar together in a separate bowl with an electric mixer on medium-high speed until thickened, 1 to 2 minutes.
- Brush each ladyfinger cookie with coffee. Arrange a few ladyfingers in the bottom of 4 serving glasses.
- Spread a layer of cream filling atop the ladyfingers.
- Layer a few strawberry slices atop cream filling. Repeat with remaining ladyfingers, cream filling, and sliced strawberries, ending with a layer of cream filling.
- Garnish each glass with a whole strawberry.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:13.787826196007%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 439.33kcal (21.97%), Fat: 22.13g (34.05%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 47.44g (17.25%), Sugar: 22.92g (25.47%), Cholesterol: 142.37mg (47.46%), Sodium: 235.28mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 11.99g (23.98%), Vitamin C: 66.95mg (81.15%), Manganese: 0.55mg (27.57%), Vitamin B2: 0.36mg (21.12%), Phosphorus: 205.34mg (20.53%), Vitamin A: 951.95IU (19.04%), Folate: 64.22µg (16.06%), Calcium: 111.18mg (11.12%), Iron: 1.96mg (10.86%), Fiber: 2.64g (10.57%), Vitamin B1: 0.16mg (10.47%), Potassium: 357.49mg (10.21%), Selenium: 7.13µg (10.19%), Vitamin B5: 0.97mg (9.68%), Vitamin B12: 0.58µg (9.65%), Vitamin B3: 1.66mg (8.31%), Magnesium: 30.81mg (7.7%), Vitamin B6: 0.14mg (6.96%), Zinc: 0.91mg (6.08%), Copper: 0.12mg (5.77%), Vitamin E: 0.78mg (5.21%), Vitamin D: 0.77µg (5.11%), Vitamin K: 3.95µg (3.76%)