



Strawberry Zinfandel Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 1 lb round cake plain lemon-flavored
- ☐ 1 quart strawberries sliced
- ☐ 9 servings strawberries whole rinsed
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups whipping cream
- ☐ 1.5 cups red wine dry red

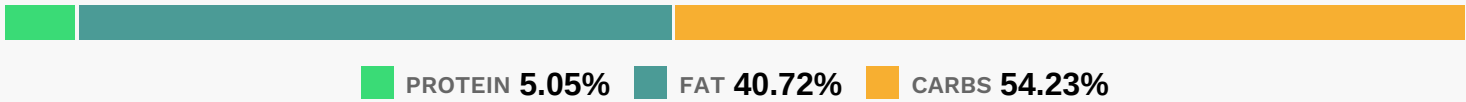
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring wine and 1/3 cup sugar to a boil. Boil until reduced to 1 cup, about 5 minutes.
- ☐ Remove from heat and stir in vanilla and sliced strawberries.
- ☐ Let cool about 1 hour, stirring occasionally.
- ☐ Cut cake into 1/2-inch-thick slices, then into 1 1/2- by 2-inch pieces.
- ☐ In a bowl, with a mixer on high, beat cream and remaining sugar until soft peaks form.
- ☐ Arrange a third of the cake in the bottom of a 2 1/2- to 3-quart straight-sided glass dish. Spoon a third of the sliced berries and wine over the top.
- ☐ Spread about a third of the whipped cream over berries. Repeat layers twice, ending with cream.
- ☐ Cover trifle loosely and chill at least 2 hours or up to 1 day.
- ☐ Garnish with whole berries. Scoop down into layers to serve.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:10.06, Inflammation Score:-7, Nutrition Score:13.539130470027%

Flavonoids

Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 46.44mg, Pelargonidin: 46.44mg, Pelargonidin: 46.44mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg Epigallocatechin 3-

gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 363.28kcal (18.16%), Fat: 15.93g (24.5%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 43.79g (15.93%), Sugar: 32.53g (36.14%), Cholesterol: 83.38mg (27.79%), Sodium: 248.18mg (10.79%), Alcohol: 3.39g (100%), Alcohol %: 1.42% (100%), Protein: 4.44g (8.88%), Vitamin C: 110.11mg (133.47%), Manganese: 0.8mg (40.11%), Folate: 64.2µg (16.05%), Fiber: 3.93g (15.71%), Vitamin A: 663.73IU (13.27%), Vitamin B2: 0.22mg (12.9%), Phosphorus: 119.66mg (11.97%), Potassium: 361.66mg (10.33%), Iron: 1.84mg (10.21%), Vitamin B1: 0.14mg (9.64%), Calcium: 82.66mg (8.27%), Magnesium: 31.27mg (7.82%), Selenium: 5.43µg (7.75%), Vitamin B3: 1.48mg (7.39%), Vitamin E: 1mg (6.65%), Vitamin B6: 0.12mg (6.07%), Copper: 0.12mg (5.92%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.71µg (4.74%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.15µg (2.57%)