



Summer pudding trifles



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 600 g raspberries
- ☐ 50 g golden caster sugar
- ☐ 1 madeira loaf
- ☐ 227 ml clotted cream
- ☐ 4 servings icing sugar

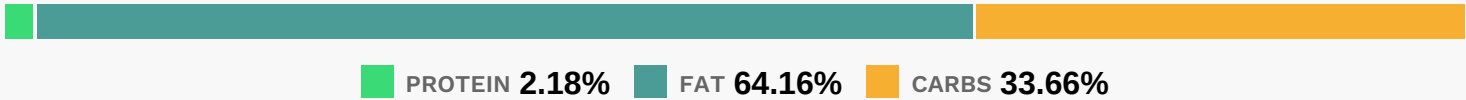
Equipment

- ☐ bowl

Directions

- ☐ Set half the raspberries aside. In a bowl, roughly mash the remaining raspberries with the sugar.
- ☐ Cut the Madeira loaf into 12 slices, then use a round cutter to cut out rounds of the cake to fit 4 serving glasses. Beat the clotted cream until slightly thickened.
- ☐ Layer up the trifles in glasses starting with a slice of cake, then some cream and some mashed raspberries. After the final slice of cake, spread over some cream and top with whole raspberries. The trifles can be kept in the fridge for a couple of hours. Dust with a little icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:12.577391272006%

Flavonoids

Cyanidin: 68.65mg, Cyanidin: 68.65mg, Cyanidin: 68.65mg, Cyanidin: 68.65mg Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 1.47mg, Pelargonidin: 1.47mg, Pelargonidin: 1.47mg, Pelargonidin: 1.47mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 648.3kcal (32.41%), Fat: 37.53g (57.74%), Saturated Fat: 22.88g (143.02%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 34.55g (12.56%), Sugar: 29.7g (33%), Cholesterol: 92.11mg (30.7%), Sodium: 14.53mg (0.63%), Alcohol: 19.31g (100%), Alcohol %: 5.89% (100%), Protein: 2.87g (5.73%), Manganese: 1.23mg (61.63%), Vitamin C: 39.3mg (47.64%), Fiber: 9.75g (39%), Magnesium: 56.71mg (14.18%), Vitamin E: 2.07mg (13.82%), Potassium: 426.3mg (12.18%), Vitamin K: 12.45µg (11.86%), Phosphorus: 112.29mg (11.23%), Calcium: 97.45mg (9.74%), Iron:

1.63mg (9.08%), Vitamin B6: 0.18mg (9.07%), Folate: 33.5µg (8.38%), Copper: 0.15mg (7.45%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.86mg (5.73%), Vitamin A: 279.77IU (5.6%), Vitamin B3: 1.11mg (5.57%), Vitamin B2: 0.09mg (5.1%), Vitamin B1: 0.06mg (3.82%), Vitamin D: 0.19µg (1.28%)