



Tipsy Trifle with Peaches and Cream

 Popular

READY IN



120 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour
- ☐ 6 eggs at room temperature
- ☐ 1 pint cup heavy whipping cream divided
- ☐ 0.3 cup mascarpone cheese
- ☐ 12 servings mint leaves fresh for garnish
- ☐ 6 slices peaches for garnish
- ☐ 0.3 cup peach nectar divided
- ☐ 8 cups peaches fresh yellow ripe cut into 3/4 inch cubes

- ☐ 0.3 cup rum divided
- ☐ 0.5 tsp salt divided
- ☐ 11 tbsp caster sugar divided (I prefer caster or superfine sugar)
- ☐ 0.5 tsp vanilla extract pure
- ☐ 1.5 packages vanilla pudding soft prepared
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tipsy Trifle with Peaches and Cream
- ☐ Sponge Cake Ingredients6 eggs at room temperature1 cup sugar (I prefer caster or superfine sugar)1/4 cup water1 tsp pure vanilla extract1 cup cake flour1/4 tsp salt
- ☐ Trifle Ingredients8 cups fresh, ripe yellow peaches cut into 3/4 inch cubes1/4 cup rum, divided1/4 cup peach nectar, divided11 tbsp sugar (I prefer caster or superfine sugar), divided1 pint heavy whipping cream, divided1/2 tsp salt, divided3 cups prepared vanilla pudding, soft set (about 1 1/2 packages)1/2 tsp pure vanilla extract1/4 cup marscapone cheese
- ☐ Fresh mint sprigs for garnish6–8 peach slices for garnish
- ☐ You will also need
- ☐ Electric hand or stand mixer, tube pan or 2 medium loaf pans, 3.5 quart trifle bowl, icing bag with star tip (optional)
- ☐ Total Time: 1 – 2 Hours
- ☐ Servings: 10–12 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



 **PROTEIN 7.15%**  **FAT 43.05%**  **CARBS 49.8%**

Properties

Glycemic Index:19.38, Glycemic Load:18.79, Inflammation Score:-7, Nutrition Score:9.3878260488095%

Flavonoids

Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg Catechin: 8.84mg, Catechin: 8.84mg, Catechin: 8.84mg, Catechin: 8.84mg Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 402.81kcal (20.14%), Fat: 19.22g (29.56%), Saturated Fat: 11.15g (69.66%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 46.92g (17.06%), Sugar: 37.49g (41.65%), Cholesterol: 131.08mg (43.69%), Sodium: 242.43mg (10.54%), Alcohol: 1.73g (100%), Alcohol %: 0.74% (100%), Protein: 7.18g (14.36%), Vitamin A: 1405.85IU (28.12%), Selenium: 16.03µg (22.9%), Vitamin B2: 0.24mg (14.36%), Vitamin E: 1.96mg (13.08%), Fiber: 3.1g (12.41%), Phosphorus: 117.4mg (11.74%), Manganese: 0.21mg (10.72%), Vitamin C: 7.92mg (9.6%), Copper: 0.19mg (9.44%), Potassium: 307.67mg (8.79%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.77mg (7.65%), Vitamin D: 1.07µg (7.14%), Folate: 27.33µg (6.83%), Iron: 1.2mg (6.68%), Vitamin K: 6.81µg (6.49%), Zinc: 0.9mg (5.99%), Magnesium: 23.46mg (5.86%), Calcium: 57.33mg (5.73%), Vitamin B6: 0.1mg (5.16%), Vitamin B1: 0.07mg (4.83%), Vitamin B12: 0.26µg (4.31%)