



Toasted-Coconut-Cake Trifle

READY IN



45 min.

SERVINGS



4

CALORIES



851 kcal

DESSERT

Ingredients

- ☐ 4 cups angel food cake store-bought
- ☐ 1 teaspoon coconut extract pure
- ☐ 0.3 cup lite coconut milk light
- ☐ 8 ounces cream cheese at room temperature reduced-fat
- ☐ 0.3 cup sugar divided
- ☐ 3 tablespoons coconut sweetened

Equipment

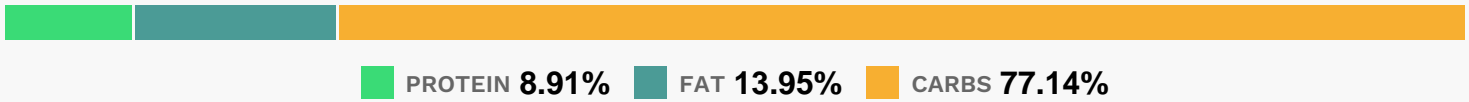
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve

Directions

- ☐ In a bowl, combine Neufchâtel, 1/3 cup sugar, milk and coconut extract.
- ☐ Heat oven to 350°F.
- ☐ Spread coconut evenly on a baking sheet; toast, stirring once or twice, until golden, 5 to 10 minutes. In each of four 8-ounce serving glasses, divide and layer half of coconut cream, half of cake cubes and half of toasted coconut; repeat with remaining cream, cake and coconut. Refrigerate at least 1 hour or up to 24. If garnishing with candied lime: Bring a half-full small pot of water to a boil.
- ☐ Place lime peels in a small mesh sieve; set over pot to submerge peels; boil 2 minutes.
- ☐ Remove sieve and run peels under cold water. Repeat boiling and cooling process with freshwater. Refill same pot with 1/3 cup fresh water and 1/3 cup sugar; bring to a boil.
- ☐ Place sieve over pot so peels are submerged; reduce heat to medium and simmer 5 minutes. Pat peels dry with a paper towel; in a bowl, toss with remaining 2 teaspoons sugar to coat. Top trifles with candied peels; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 17.52, Glycemic Load: 11.64, Inflammation Score: -3, Nutrition Score: 12.996956672357%

Nutrients (% of daily need)

Calories: 850.7kcal (42.53%), Fat: 13.38g (20.58%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 166.4g (55.47%), Net Carbohydrates: 164.83g (59.94%), Sugar: 96.33g (107.03%), Cholesterol: 30.62mg (10.21%), Sodium: 1454.81mg (63.25%), Alcohol: 0.42g (100%), Alcohol %: 0.16% (100%), Protein: 19.23g (38.46%), Phosphorus:

646.23mg (64.62%), Selenium: 40.35µg (57.64%), Vitamin B2: 0.54mg (31.85%), Calcium: 284.17mg (28.42%), Potassium: 501.63mg (14.33%), Vitamin B1: 0.2mg (13.3%), Manganese: 0.27mg (13.26%), Copper: 0.21mg (10.69%), Folate: 41.86µg (10.47%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.76mg (7.55%), Magnesium: 29.27mg (7.32%), Fiber: 1.57g (6.28%), Vitamin A: 312.98IU (6.26%), Zinc: 0.71mg (4.75%), Iron: 0.82mg (4.54%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.04mg (2.05%), Vitamin E: 0.18mg (1.18%), Vitamin D: 0.17µg (1.13%)