



Tropical Rum Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 2 bananas sliced
- ☐ 12 servings coconut cream custard
- ☐ 0.3 cup coconut-flavored rum
- ☐ 0.7 cup macadamia nuts toasted chopped
- ☐ 12 servings garnishes: mango toasted
- ☐ 2 mangoes peeled cut into 1/2-inch cubes*
- ☐ 20 ounce pineapple chunks in syrup undrained canned
- ☐ 10.8 ounce round cake frozen thawed thinly sliced

- ☐ 0.3 cup powdered sugar
- ☐ 1.3 cups coconut or sweetened flaked toasted
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup whipping cream

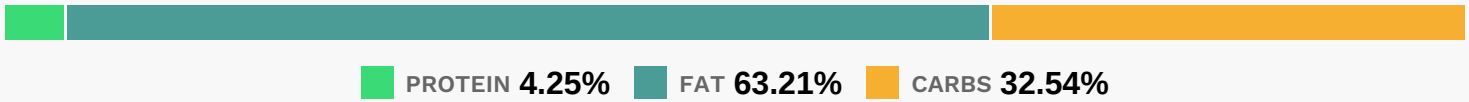
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Stir together first 3 ingredients in a bowl. Cover and chill 20 minutes.
- ☐ Remove fruit from bowl with a slotted spoon, reserving syrup mixture.
- ☐ Brush pound cake slices with syrup mixture. Arrange half of slices in bottom of 4-quart bowl or trifle bowl. Top with half each of mango mixture, banana slices, Coconut Cream Custard, coconut, and macadamia nuts. Repeat layers.
- ☐ Beat whipping cream until foamy; gradually add sugar, beating until soft peaks form.
- ☐ Add vanilla; beat until blended.
- ☐ Spread evenly over top of trifle. Cover and chill 1 1/2 hours.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Malibu Caribbean Rum with Coconut Flavor.
- ☐ *1 (24-ounce) jar refrigerated mango, drained and cut into 1/2-inch cubes, may be substituted.

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:4.76, Inflammation Score:-7, Nutrition Score:15.43608687235%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 532.82kcal (26.64%), Fat: 39.46g (60.7%), Saturated Fat: 12.14g (75.87%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 39.72g (14.44%), Sugar: 31.41g (34.9%), Cholesterol: 48.32mg (16.11%), Sodium: 193.48mg (8.41%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 5.97g (11.93%), Manganese: 1.78mg (88.95%), Vitamin B1: 0.58mg (38.59%), Fiber: 5.98g (23.93%), Vitamin C: 19.31mg (23.4%), Copper: 0.44mg (21.85%), Magnesium: 73.81mg (18.45%), Vitamin A: 740.16IU (14.8%), Phosphorus: 139.83mg (13.98%), Iron: 2.5mg (13.88%), Vitamin B6: 0.28mg (13.76%), Vitamin B2: 0.21mg (12.1%), Potassium: 406.25mg (11.61%), Vitamin B3: 2mg (10%), Folate: 38.49µg (9.62%), Selenium: 6.38µg (9.12%), Calcium: 76.22mg (7.62%), Vitamin B5: 0.61mg (6.05%), Zinc: 0.85mg (5.66%), Vitamin E: 0.79mg (5.23%), Vitamin D: 0.37µg (2.45%), Vitamin K: 2.56µg (2.44%), Vitamin B12: 0.09µg (1.54%)