



Turtle Trifle

READY IN



190 min.

SERVINGS



12

CALORIES



1594 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter melted
- ☐ 3 sticks butter melted
- ☐ 12 servings caramel syrup
- ☐ 1.3 cups plus light
- ☐ 4 large eggs
- ☐ 6 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2.5 cups granulated sugar
- ☐ 3 cups heavy cream

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup milk chocolate morsels
- ☐ 2 cups pecans whole divided plus more for garnish toasted chopped (1 cup , 1 cup)
- ☐ 3 cups pecans chopped
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 2 cups sugar
- ☐ 5 ounce baking chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

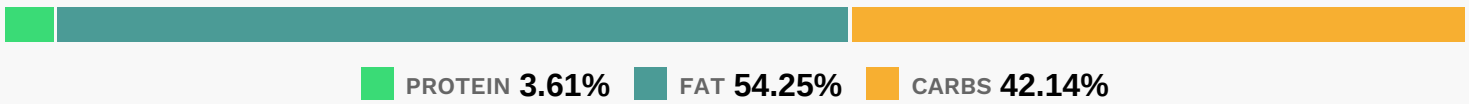
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ In a large saucepan, add the sugar, corn syrup, salt and melted butter. Stir to combine well.
- ☐ Add the eggs and 1 cup chopped pecans. Bring to a boil over medium heat. Reduce the heat, and simmer stirring frequently for 10 minutes.
- ☐ Add the vanilla and remove from the heat to cool completely. Set aside.
- ☐ Preheat the oven to 350 degrees F. Line a 9 by 9-inch baking pan with aluminum foil.
- ☐ In a saucepan, over low heat, melt the butter and unsweetened chocolate, constantly stirring to incorporate. Set aside.

- ☐ In a large bowl, add the sugar and the eggs. Using a hand-held mixer, beat together until well combined.
- ☐ Add the flour, vanilla, and the salt. Fold in the milk chocolate morsels.
- ☐ Add the butter and chocolate mixture that was set aside.
- ☐ Mix together with a spatula while folding in 1 cup of whole toasted pecans.
- ☐ Pour into the prepared pan and bake until the brownies are done, about 35 minutes
- ☐ Remove from the oven and allow to cool completely before assembling.
- ☐ In a large bowl add the cream and the sugar and whisk together until soft peaks form.
- ☐ In a trifle dish, layer the brownies, pecan mixture, whipped cream, caramel syrup, and toasted whole pecans, as desired.
- ☐ Cook's Note: It is recommended that the trifle be chilled for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:78.31, Inflammation Score:-9, Nutrition Score:24.379565145658%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Catechin: 10.77mg, Catechin: 10.77mg, Catechin: 10.77mg, Catechin: 10.77mg Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg Epicatechin: 17.11mg, Epicatechin: 17.11mg, Epicatechin: 17.11mg, Epicatechin: 17.11mg Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg, Epigallocatechin 3-gallate: 1.01mg

Nutrients (% of daily need)

Calories: 1594.35kcal (79.72%), Fat: 100.82g (155.11%), Saturated Fat: 45.13g (282.09%), Carbohydrates: 176.23g (58.74%), Net Carbohydrates: 169.51g (61.64%), Sugar: 151.64g (168.49%), Cholesterol: 298.93mg (99.64%), Sodium: 549.43mg (23.89%), Alcohol: 0.1lg (100%), Alcohol %: 0.04% (100%), Caffeine: 9.45mg (3.15%), Protein: 15.08g (30.16%), Manganese: 2.64mg (131.94%), Copper: 0.98mg (48.88%), Vitamin A: 2165.07IU (43.3%), Selenium: 25.06µg (35.79%), Vitamin B1: 0.52mg (34.76%), Phosphorus: 327.43mg (32.74%), Vitamin B2: 0.49mg (28.88%), Zinc: 4.12mg (27.46%), Iron: 4.92mg (27.32%), Magnesium: 108.19mg (27.05%), Fiber: 6.72g (26.89%), Folate: 73.64µg (18.41%), Vitamin E: 2.59mg (17.29%), Calcium: 152.59mg (15.26%), Potassium: 491.29mg (14.04%), Vitamin B5: 1.34mg (13.41%), Vitamin D: 1.73µg (11.5%), Vitamin B3: 1.99mg (9.94%), Vitamin B12: 0.58µg (9.68%), Vitamin B6: 0.19mg (9.61%), Vitamin K: 7.62µg (7.26%), Vitamin C: 1.04mg (1.26%)