

Turtle Trifle

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



941 kcal

DESSERT

Ingredients

- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup topping
- ☐ 8 ounces mascarpone cheese softened
- ☐ 2 lb pecans frozen thawed cut into 1-inch cubes
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.5 cups whipping cream

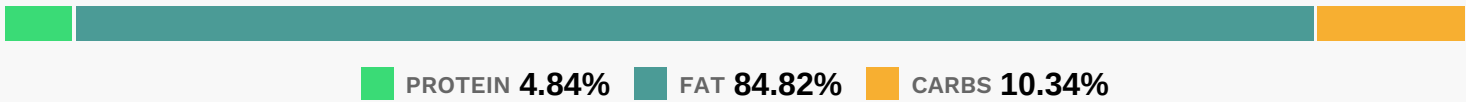
Equipment

- ☐ bowl
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Beat mascarpone cheese, whipping cream, and vanilla extract in a large bowl at medium speed with a heavy-duty electric stand mixer, using the whisk attachment, 2 to 3 minutes or until smooth and firm.
- ☐ Place half of pie cubes in bottom of a 4-qt. trifle dish or tall, clear 4-qt. glass bowl.
- ☐ Spread half of whipped cream mixture over pie cubes.
- ☐ Drizzle with half each of chocolate fudge topping and caramel topping.
- ☐ Sprinkle with half of chopped pecans. Repeat layers.
- ☐ Cover and chill at least 1 hour or up to 8 hours.
- ☐ *1 (8-oz.) package cream cheese may be substituted.
- ☐ Note: For testing purposes only, we used Edwards Georgia Pecan Pie, Smucker's Chocolate Fudge Topping, and Smucker's Caramel Flavored Topping.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:20.264782744905%

Flavonoids

Cyanidin: 10.33mg, Cyanidin: 10.33mg, Cyanidin: 10.33mg, Cyanidin: 10.33mg Delphinidin: 7mg, Delphinidin: 7mg, Delphinidin: 7mg, Delphinidin: 7mg Catechin: 6.96mg, Catechin: 6.96mg, Catechin: 6.96mg, Catechin: 6.96mg Epigallocatechin: 5.41mg, Epigallocatechin: 5.41mg, Epigallocatechin: 5.41mg, Epigallocatechin: 5.41mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg

Nutrients (% of daily need)

Calories: 941.43kcal (47.07%), Fat: 93.24g (143.44%), Saturated Fat: 20.91g (130.67%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 16.06g (5.84%), Sugar: 12.76g (14.17%), Cholesterol: 63.12mg (21.04%), Sodium: 82.92mg (3.61%), Alcohol: 0.21g (100%), Alcohol %: 0.15% (100%), Protein: 11.98g (23.96%), Manganese: 4.37mg

(218.53%), Copper: 1.19mg (59.68%), Vitamin B1: 0.65mg (43.02%), Fiber: 9.52g (38.06%), Magnesium: 124.18mg (31.04%), Zinc: 4.53mg (30.18%), Phosphorus: 299.9mg (29.99%), Vitamin A: 903.14IU (18.06%), Iron: 2.6mg (14.45%), Potassium: 462.84mg (13.22%), Calcium: 131.35mg (13.14%), Vitamin E: 1.95mg (12.97%), Vitamin B2: 0.2mg (11.88%), Vitamin B6: 0.22mg (10.83%), Vitamin B5: 0.95mg (9.45%), Selenium: 5.06µg (7.22%), Vitamin B3: 1.18mg (5.88%), Folate: 23.14µg (5.79%), Vitamin K: 4.76µg (4.53%), Vitamin D: 0.57µg (3.81%), Vitamin C: 1.33mg (1.61%), Vitamin B12: 0.08µg (1.28%)