



Vegan Apricot Trifle with Sprinkles

READY IN



30 min.

SERVINGS



1

CALORIES



1223 kcal

DESSERT

Ingredients

- ☐ 525 ml alpro soya custard (dairy free)
- ☐ 85 g vegetarian jelly
- ☐ 4 tbsp juice from the apricots
- ☐ 300 g apricots in juice tinned
- ☐ 1 serving lots of sprinkles
- ☐ 4 slices vegan vanilla cake

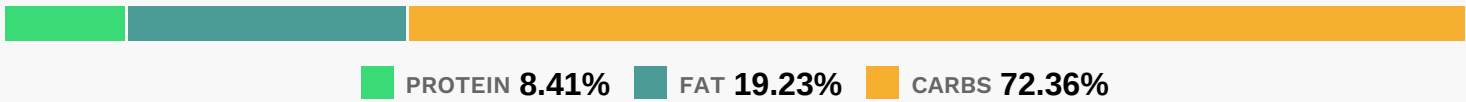
Equipment

- ☐ bowl

Directions

- ☐ Pack the slices of cake in the bottom of a large glass bowl.
- ☐ Top with apricots and spoon over a few spoonfuls of the juice.
- ☐ Make up the jelly.
- ☐ Add the granules to a jug and top up to the 1 pint level, Stir until the granules have dissolved, then pour over the cake.
- ☐ Put the trifle in the fridge until the jelly has set.
- ☐ Spoon the custard over the jelly and smooth out.
- ☐ Add whipped dairy free cream or coconut milk ad the top layer (optional), then cover with sprinkles and return to the fridge until you are ready to serve.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:173.1, Glycemic Load:88.29, Inflammation Score:-7, Nutrition Score:32.851739375488%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epicatechin: 16.96mg, Epicatechin: 16.96mg, Epicatechin: 16.96mg, Epicatechin: 16.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 1222.52kcal (61.13%), Fat: 26.23g (40.35%), Saturated Fat: 13.36g (83.51%), Carbohydrates: 222.03g (74.01%), Net Carbohydrates: 220.34g (80.12%), Sugar: 116.8g (129.78%), Cholesterol: 319.14mg (106.38%), Sodium: 594.97mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Calcium: 924.38mg (92.44%), Vitamin B2: 1.51mg (88.89%), Phosphorus: 868.33mg (86.83%), Selenium: 39.95µg (57.07%), Vitamin B12: 3.25µg (54.23%), Vitamin D: 7.51µg (50.06%), Potassium: 1726.88mg (49.34%), Vitamin B5: 4.58mg (45.79%), Vitamin B1: 0.48mg (31.97%), Magnesium: 121.96mg (30.49%), Vitamin B6: 0.48mg (24.17%), Vitamin A: 1142.5IU (22.85%), Zinc: 3.33mg (22.22%), Manganese: 0.35mg (17.62%), Folate: 68.47µg (17.12%), Iron: 3.05mg (16.97%), Copper: 0.32mg (15.96%), Vitamin C: 11.35mg (13.75%), Fiber: 1.7g (6.8%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.55mg (3.66%), Vitamin K: 1.36µg (1.29%)