



Very berry trifle

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



634 kcal

DESSERT

Ingredients

- ☐ 500 g poached berries mixed frozen
- ☐ 150 g smucker's cherry preserves red
- ☐ 300 g round cake cut into roughly 3cm cubes
- ☐ 500 ml custard sauce
- ☐ 250 g mascarpone cheese
- ☐ 5 tbsp sugar
- ☐ 400 ml double cream
- ☐ 3 tbsp cooking sherry

☐ 8 servings chocolate grated

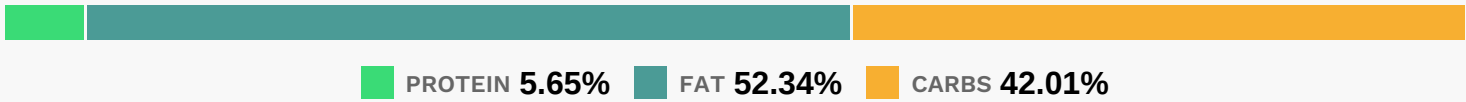
Equipment

☐ bowl

Directions

- ☐ Mix the berries and cherry jam together, and spoon into your trifle bowl. Scatter over the Madeira cake and push down a little into the berries.
- ☐ Put the custard, mascarpone and 3 tbsp sugar in a bowl together and beat until smooth, then dollop all over the trifle.
- ☐ Put the double cream, remaining 2 tbsp sugar and sherry in a bowl and beat until soft peaks form. Cling film both the trifle bowl and cream and chill until ready to serve. You can do this up to 24 hours in advance.
- ☐ To serve, spoon the sherry cream all over the trifle, then scatter with your favourite decoration.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:17.28, Inflammation Score:-7, Nutrition Score:10.542173903921%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Petunidin: 11.35mg, Petunidin: 11.35mg, Petunidin: 11.35mg, Petunidin: 11.35mg Delphinidin: 13.49mg, Delphinidin: 13.49mg, Delphinidin: 13.49mg, Delphinidin: 13.49mg Malvidin: 31.03mg, Malvidin: 31.03mg, Malvidin: 31.03mg, Malvidin: 31.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 633.83kcal (31.69%), Fat: 36.99g (56.91%), Saturated Fat: 22.37g (139.81%), Carbohydrates: 66.8g (22.27%), Net Carbohydrates: 64.67g (23.52%), Sugar: 41.25g (45.83%), Cholesterol: 164.33mg (54.78%), Sodium: 334.11mg (14.53%), Alcohol: 0.58g (100%), Alcohol %: 0.25% (100%), Protein: 8.99g (17.98%), Vitamin A: 1398.97IU (27.98%), Vitamin B2: 0.4mg (23.61%), Calcium: 216.32mg (21.63%), Phosphorus: 190.31mg (19.03%), Selenium: 9.91µg (14.15%), Vitamin D: 1.77µg (11.82%), Vitamin K: 12.17µg (11.59%), Vitamin B1: 0.17mg (11.34%), Manganese: 0.2mg (9.78%), Vitamin B12: 0.56µg (9.3%), Vitamin B5: 0.91mg (9.13%), Iron: 1.57mg (8.75%), Fiber: 2.14g (8.55%), Potassium: 294.35mg (8.41%), Folate: 32.87µg (8.22%), Vitamin B6: 0.13mg (6.43%), Magnesium: 25.13mg (6.28%), Vitamin E: 0.92mg (6.15%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.77mg (5.13%), Copper: 0.1mg (4.85%), Vitamin C: 3.59mg (4.35%)