

Ginger Citrus Trifle with Honey Yogurt Cream

dashrecipes.com

Dash Magazine - Jan/Feb 2014

Servings: 8

1 cup mascarpone cheese
2 containers (7 ounce ea) 2% Greek yogurt
1/4 cup honey
2 teaspoons orange zest, finely grated
4 oranges
3 pink grapefruit
24 ladyfinger cookies
3 ounces crystallized ginger, finely chopped
handful crystallized ginger (for garnish)

Preparation Time: 30 minutes

In a bowl, beat the mascarpone, yogurt, honey and orange zest with an electric mixer on low speed until combined. Increase the speed to medium-high and beat until smooth and fluffy.

Cut the segments from the oranges and grapefruit. Slice off the top and bottom of each fruit so it sits flat on a cutting board. Slice off the peel and white pith in long, vertical strips, following the curve of the fruit. Working over a bowl, cut between the membranes to release each segment. Before discarding the membranes, squeeze the juice into a second bowl.

Dip both sides of eight ladyfingers into the citrus juice, then arrange on the bottom of a trifle dish (or other high-sided glass dish) in an even layer, breaking the cookies as needed to fit. Pour one-third of the mascarpone mixture on top, spreading into a smooth layer. Sprinkle with one-third of the citrus segments on top. Repeat the layers twice to use all of the ingredients, ending with citrus and ginger.

Cover with plastic wrap and refrigerate for at least six hours or overnight. Let stand at room temperature for 15 minutes before serving.

Start to Finish Time: 6 hours 45 minutes

Per Serving (excluding unknown items): 315 Calories; 10g Fat (27.0% calories from fat); 6g Protein; 54g Carbohydrate; 3g Dietary Fiber; 140mg Cholesterol; 64mg Sodium. Exchanges: 0 Lean Meat; 1 Fruit; 2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	315	Vitamin B6 (mg):	.1mg
% Calories from Fat:	27.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	66.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	55mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	140mg	% Refuse:	0.0%
Carbohydrate (g):	54g		
Dietary Fiber (g):	3g		
Protein (g):	6g		
Sodium (mg):	64mg		
Potassium (mg):	576mg		
Calcium (mg):	79mg		
Iron (mg):	3mg		
Zinc (mg):	trace		
Vitamin C (mg):	74mg		
Vitamin A (i.u.):	439IU		
Vitamin A (r.e.):	79 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 315 Calories from Fat: 85

% Daily Values*

Total Fat 10g	15%
Saturated Fat 1g	6%
Cholesterol 140mg	47%
Sodium 64mg	3%
Total Carbohydrates 54g	18%
Dietary Fiber 3g	12%
Protein 6g	
<hr/>	
Vitamin A	9%
Vitamin C	123%
Calcium	8%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.