

# Red Velvet Trifle with Chocolate Ganache

*Paula Macri - Gattuso's Bella Cucina  
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*1 package red velvet cake mix  
2 packages (8 ounce ea) cream cheese,  
softened  
5 cups heavy cream  
1 1/2 cups sugar  
1/2 cup confectioner's sugar  
1 cup semi-sweet chocolate chips*

Preheat the oven to 350 degrees.

Prepare the red velvet cake according to package directions. When the cake is done, remove from the oven and let the cake cool completely. Remove the cake from the pans and wrap in plastic wrap. Place in the freezer for two hours.

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Per Serving (excluding unknown items): 7117 Calories; 602g Fat (74.5% calories from fat); 59g Protein; 405g Carbohydrate; 0g Dietary Fiber; 2140mg Cholesterol; 1822mg Sodium. Exchanges: 5 Lean Meat; 3 1/2 Non-Fat Milk; 117 1/2 Fat; 24 Other Carbohydrates.

In a large mixing bowl, beat the cream cheese on high until it is light and fluffy. Slowly add three cups of the heavy cream and the sugar. Beat until soft peaks form. Place in the refrigerator until you are ready to assemble the trifle.

In another mixing bowl, beat together one cup of heavy cream and the confectioner sugar on high speed until soft peaks form. Place in the refrigerator until ready to assemble the trifle.

To make the ganache: place the chocolate chips in a medium bowl. In a small saucepan, heat the remaining one cup of heavy cream until small bubbles appear around the edge. Pour the heavy cream into the bowl of chocolate chips. Let stand for 5 minutes. Stir until it is glossy and smooth. Place the bowl of chocolate in the refrigerator until ready to assemble the trifle.

To assemble the trifle: remove the cake from the freezer and slice crosswise into 1/4-inch layers. Place one layer on the bottom of a trifle dish. Top with a layer of the cream cheese mixture. Repeat layers of the cake and cream cheese mixture until the top of the trifle dish is almost full. Then add a layer of the whipped cream on top and return to the refrigerator. Let sit for one hour.

Just before serving, drizzle the top of the trifle with the ganache sauce.

Serve with any leftover ganache sauce. Enjoy!!

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	7117	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	74.5%	<b>Vitamin B12 (mcg):</b>	4.1mcg
<b>% Calories from Carbohydrates:</b>	22.3%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	3.3%	<b>Riboflavin B2 (mg):</b>	2.2mg
<b>Total Fat (g):</b>	602g	<b>Folacin (mcg):</b>	105mcg
<b>Saturated Fat (g):</b>	376g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	173g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	22g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	2140mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	405g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	59g	<b>Lean Meat:</b>	5
<b>Sodium (mg):</b>	1822mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1458mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	1143mg	<b>Non-Fat Milk:</b>	3 1/2
<b>Iron (mg):</b>	6mg	<b>Fat:</b>	117 1/2
<b>Zinc (mg):</b>	5mg	<b>Other Carbohydrates:</b>	24
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	24114IU		
<b>Vitamin A (r.e.):</b>	7005RE		

**Nutrition Facts**

Amount Per Serving

**Calories** 7117                      **Calories from Fat:** 5300

**% Daily Values\***

<b>Total Fat</b> 602g	926%
Saturated Fat 376g	1880%
<b>Cholesterol</b> 2140mg	713%
<b>Sodium</b> 1822mg	76%
<b>Total Carbohydrates</b> 405g	135%
Dietary Fiber 0g	0%
<b>Protein</b> 59g	
<b>Vitamin A</b>	482%
<b>Vitamin C</b>	12%
<b>Calcium</b>	114%
<b>Iron</b>	34%

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