

'Zuppa Inglese' (Italian trifle)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-trifle-recipe>

Ingredients:

- 2 1/8 cups milk not boiling
- 1/2 teaspoon lemon zest
- 1/2 vanilla pod
- 6 egg yolks
- 1 1/4 cups caster superfine sugar
- all purpose flour 50 g, 1.8oz plain, sifted
- 1 tablespoon unsweetened cocoa powder sifted
- 7 ounces savoiardi biscuits
- 7/8 cup marsala

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 440 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 180 milligrams
9. Sugar: 45 grams

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