



## All-American Trifle

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



163 kcal

### Ingredients

- 1 cup blueberries fresh
- 1.5 oz jell-o vanilla flavor pudding fat free sugar free instant
- 2 cups milk cold
- 10 oz round cake fat-free prepared cut into 1/2-inch cubes
- 2 cups strawberries fresh sliced
- 8 oz cool whip whipped topping sugar free thawed

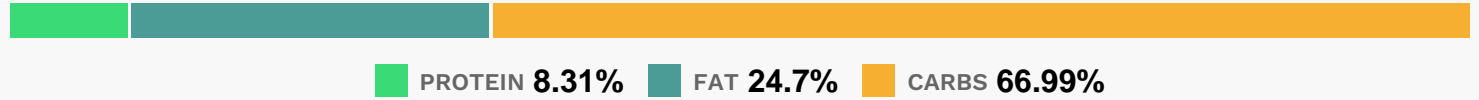
### Equipment

- bowl
- whisk

# Directions

- Beat pudding mix and milk with whisk 2 min.
- Layer half each of the cake cubes, strawberries and blueberries in 3-qt. serving bowl; cover with pudding. Repeat layers of cake and fruit. Top with COOL WHIP.
- Refrigerate 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:9.83, Glycemic Load:1.86, Inflammation Score:-2, Nutrition Score:5.0460869540339%

# Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 163.39kcal (8.17%), Fat: 4.54g (6.99%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 26.8g (9.75%), Sugar: 20.3g (22.56%), Cholesterol: 29.36mg (9.79%), Sodium: 199.11mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 15.31mg (18.56%), Phosphorus: 94.74mg (9.47%), Manganese: 0.19mg (9.28%), Vitamin B2: 0.15mg (8.68%), Calcium: 84.73mg (8.47%), Vitamin B1: 0.09mg (6.29%), Vitamin B12: 0.31µg (5.23%), Selenium: 3.52µg (5.02%), Folate: 18.17µg (4.54%), Iron: 0.8mg (4.43%), Potassium: 150.4mg (4.3%), Fiber: 0.92g (3.66%), Vitamin K: 3.68µg (3.51%), Vitamin B3: 0.66mg (3.31%), Vitamin D: 0.49µg (3.3%), Magnesium: 12.66mg (3.17%), Vitamin B5: 0.31mg (3.1%), Vitamin B6: 0.06mg (2.93%),

Vitamin A: 125.79IU (2.52%), Zinc: 0.36mg (2.4%), Vitamin E: 0.31mg (2.08%), Copper: 0.04mg (1.81%)