



Ambrosia Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



314 kcal

Ingredients

- 14 servings garnishes: coconut shredded stemmed
- 28.2 ounce golden pineapple coconut cake frozen with pepperidge farm) thawed
- 15 ounce mandarin orange segments drained canned
- 3 cups milk
- 2 tablespoons orange juice concentrate frozen thawed
- 8 ounce cup heavy whipping cream sour
- 5.1 ounce vanilla pudding mix instant
- 1.5 cups non-dairy whipped topping frozen thawed

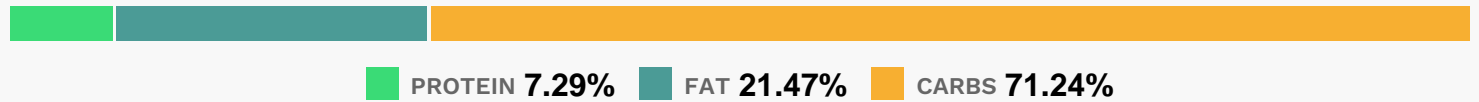
Equipment

- bowl
- hand mixer

Directions

- Combine first 4 ingredients in a large bowl; beat at low speed of an electric mixer 2 minutes or until thickened.
- Spoon one-third of pudding into a 3-quart trifle bowl.
- Cut coconut cake in half lengthwise.
- Cut cake halves crosswise into 1/2" slices. Arrange one-third of cake slices in a single layer over pudding. Arrange one-third of mandarin orange segments over cake. Arrange half of remaining cake slices over orange segments.
- Cover cake with half of remaining pudding; top with remaining cake slices and half of remaining orange segments. Top with remaining pudding and orange segments. Mound whipped topping over trifle.
- Garnish, if desired. Cover and chill several hours.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:7.5539130983145%

Flavonoids

Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg, Naringenin: 3.04mg

Nutrients (% of daily need)

Calories: 313.66kcal (15.68%), Fat: 7.56g (11.63%), Saturated Fat: 4g (24.99%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 55.39g (20.14%), Sugar: 39.9g (44.34%), Cholesterol: 74.24mg (24.75%), Sodium: 452.97mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin B2: 0.28mg (16.25%), Phosphorus: 157.02mg (15.7%), Calcium: 141.61mg (14.16%), Vitamin C: 11.32mg (13.72%), Vitamin B1: 0.2mg (13.09%), Selenium: 7.12µg (10.18%), Vitamin A: 496.62IU (9.93%), Iron: 1.65mg (9.19%), Folate: 34.54µg (8.63%), Vitamin B12: 0.47µg (7.82%), Manganese: 0.14mg (6.9%), Vitamin B3: 1.32mg (6.59%), Potassium: 230.15mg (6.58%), Vitamin B5: 0.6mg (6.03%), Vitamin B6: 0.1mg (4.96%), Magnesium: 19.32mg (4.83%), Vitamin D: 0.69µg (4.6%), Fiber: 1.08g (4.3%), Zinc: 0.61mg (4.05%), Copper: 0.06mg (3.15%), Vitamin E: 0.34mg (2.27%)