



## Angel Berry Summer Pudding

READY IN



265 min.

SERVINGS



12

CALORIES



274 kcal

DESSERT

### Ingredients

- 16 oz angel food cake mix
- 1.3 cups water cold
- 2 packages vanilla pudding instant (4-serving size each)
- 4 cups milk
- 0.8 teaspoon rum extract
- 4 cups strawberries sliced
- 2 cups raspberries
- 1 serving non-dairy whipped topping frozen thawed

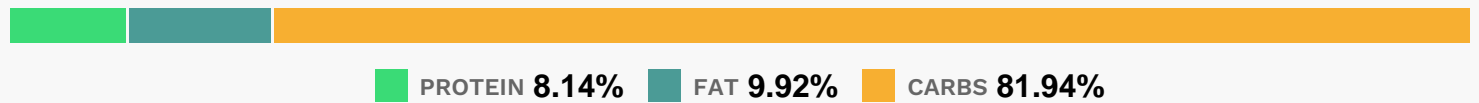
# Equipment

- baking pan

# Directions

- Make cake mix as directed on package, using cold water. Cool completely; tear cake into bite-size pieces.
- Meanwhile, make pudding mixes as directed on package for pudding, using 4 cups milk and adding rum extract.
- Spoon one-third of the pudding into bottom of rectangular baking dish, 13x9x2 inches.
- Layer with half of the cake pieces and half of the berries. Repeat layers, ending with remaining pudding.
- Cover and refrigerate at least 4 hours.
- Garnish each serving with a dollop of whipped topping.

# Nutrition Facts



# Properties

Glycemic Index:8.67, Glycemic Load:2.81, Inflammation Score:-4, Nutrition Score:8.8230435951896%

# Flavonoids

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Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 274.39kcal (13.72%), Fat: 3.09g (4.76%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 54.92g (19.97%), Sugar: 43.11g (47.9%), Cholesterol: 9.77mg (3.26%), Sodium: 445.48mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 33.46mg (40.56%), Phosphorus: 227.45mg (22.74%), Manganese: 0.38mg (18.87%), Calcium: 172.41mg (17.24%), Vitamin B2: 0.23mg (13.75%), Fiber: 2.55g (10.18%), Selenium: 6.69µg (9.56%), Folate: 31.61µg (7.9%), Vitamin B12: 0.46µg (7.65%), Potassium: 263.62mg (7.53%), Magnesium: 24.85mg (6.21%), Vitamin D: 0.89µg (5.96%), Vitamin B5: 0.53mg (5.29%), Vitamin B6: 0.09mg (4.33%), Copper: 0.09mg (4.25%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.55mg (3.68%), Vitamin A: 144.4IU (2.89%), Vitamin K: 2.91µg (2.77%), Iron: 0.45mg (2.5%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.36mg (2.37%)