



## Angel Food Cake and Berry Trifle

READY IN



100 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

### Ingredients

- 17 ounce angel food cake store-bought
- 6 ounce blueberries
- 0.3 cup granulated sugar
- 4 cups percent greek yogurt low-fat
- 0.3 cup honey
- 2 juice of orange
- 6 ounce raspberries
- 5 cups strawberries fresh whole hulled sliced for garnish

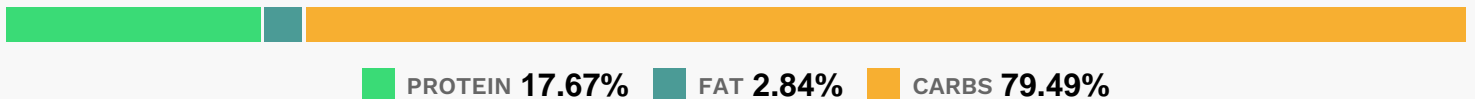
## Equipment

- bowl
- plastic wrap
- serrated knife

## Directions

- Add the berries to a bowl along with the sugar and orange juice.
- Let sit at room temperature for 15 to 20 minutes, until juicy.
- Meanwhile, add the yogurt and honey to a bowl. Stir with a spoon to mix in the honey and smooth out so the mixture will be more spreadable.
- Cut the angel food cake into large chunks using a serrated knife, and add about one-third of the cake to the bottom of a medium trifle dish.
- Add a layer of the syrupy berries and then a layer of yogurt, reserving a few spoonfuls of yogurt for the end. Repeat the layers until you have no more remaining ingredients. Finish the top with the few spoonfuls of yogurt in the center and the fresh, whole strawberries.
- Cover with plastic wrap, and refrigerate until chilled, at least 1 hour and up to overnight.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:14.513913247896%

## Flavonoids

Cyanidin: 13.04mg, Cyanidin: 13.04mg, Cyanidin: 13.04mg, Cyanidin: 13.04mg Petunidin: 6.87mg, Petunidin: 6.87mg, Petunidin: 6.87mg, Petunidin: 6.87mg Delphinidin: 8.09mg, Delphinidin: 8.09mg, Delphinidin: 8.09mg, Delphinidin: 8.09mg Malvidin: 14.41mg, Malvidin: 14.41mg, Malvidin: 14.41mg, Malvidin: 14.41mg Pelargonidin: 22.57mg, Pelargonidin: 22.57mg, Pelargonidin: 22.57mg Peonidin: 4.38mg, Peonidin: 4.38mg, Peonidin: 4.38mg, Peonidin: 4.38mg Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

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Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin:  
1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg,  
Naringenin: 0.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.82mg,  
Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin:  
0.32mg, Myricetin: 0.32mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg  
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 330.82kcal (16.54%), Fat: 1.08g (1.66%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 68.04g (22.68%), Net  
Carbohydrates: 64.18g (23.34%), Sugar: 45.3g (50.33%), Cholesterol: 5mg (1.67%), Sodium: 345.8mg (15.03%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Vitamin C: 68.11mg (82.55%), Manganese:  
0.62mg (30.95%), Phosphorus: 309.05mg (30.91%), Selenium: 19.68µg (28.11%), Vitamin B2: 0.44mg (25.7%),  
Calcium: 184.94mg (18.49%), Fiber: 3.86g (15.46%), Potassium: 444.14mg (12.69%), Vitamin B12: 0.72µg (11.97%),  
Folate: 46.88µg (11.72%), Magnesium: 35.33mg (8.83%), Vitamin B1: 0.12mg (7.76%), Vitamin K: 7.82µg (7.45%),  
Copper: 0.14mg (7.16%), Vitamin B6: 0.14mg (7.03%), Vitamin B5: 0.64mg (6.42%), Zinc: 0.89mg (5.93%), Iron:  
0.86mg (4.79%), Vitamin B3: 0.94mg (4.7%), Vitamin E: 0.59mg (3.93%), Vitamin A: 63.3IU (1.27%)