



Angelic Berry Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds divided sliced
- ☐ 8 ounces angel food cake cut in 1/3-inch-thick slices
- ☐ 32 ounce poached berries mixed frozen thawed
- ☐ 2 cups milk 1% low-fat divided
- ☐ 3 tablespoons sugar
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 0.3 cup whipping cream

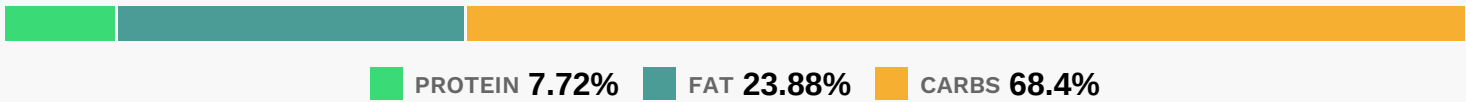
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Make the pudding according to package directions, using 2 cups low-fat milk. Refrigerate until ready to assemble trifle.
- ☐ Place remaining 2 tablespoons milk and cream cheese in a bowl, and beat with a mixer at high speed until smooth. Refrigerate until ready to assemble trifle.
- ☐ Toss berries with sugar; set aside.
- ☐ Place cream in a bowl, and beat with cold beaters on high speed until stiff peaks form; refrigerate.
- ☐ Place half the berries on the bottom of a straight-sided 2- or 3-quart clear dish. Top the berries with half the angel food cake slices, overlapping slightly.
- ☐ Stir the pudding and cream cheese mixtures together, and gently fold in whipped cream.
- ☐ Pour 2 cups pudding mixture over cake, and top with 1/4 cup almonds. Use the remaining cake to form another layer, and top it with the remaining berries.
- ☐ Pour the remaining pudding mixture over the berries, and sprinkle with remaining 1/4 cup almonds. Refrigerate at least 1 hour, or up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:5.6047826487085%

Flavonoids

Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg, Cyanidin: 3.39mg Petunidin: 13.73mg, Petunidin: 13.73mg, Petunidin: 13.73mg, Petunidin: 13.73mg Delphinidin: 16.32mg, Delphinidin: 16.32mg, Delphinidin: 16.32mg, Delphinidin: 16.32mg Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 190.71kcal (9.54%), Fat: 5.26g (8.09%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 31.27g (11.37%), Sugar: 23.83g (26.48%), Cholesterol: 9.44mg (3.15%), Sodium: 165.53mg (7.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin K: 12.67µg (12.06%), Phosphorus: 115.11mg (11.51%), Manganese: 0.21mg (10.63%), Fiber: 2.61g (10.43%), Vitamin B2: 0.18mg (10.3%), Vitamin E: 1.41mg (9.43%), Calcium: 86.59mg (8.66%), Selenium: 4.24µg (6.06%), Magnesium: 20.82mg (5.21%), Potassium: 164.92mg (4.71%), Vitamin B1: 0.07mg (4.65%), Vitamin B12: 0.26µg (4.27%), Vitamin A: 209.09IU (4.18%), Copper: 0.08mg (4.02%), Vitamin B6: 0.08mg (3.84%), Vitamin D: 0.54µg (3.59%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.29mg (2.92%), Folate: 10.49µg (2.62%), Zinc: 0.38mg (2.56%), Vitamin C: 1.93mg (2.34%), Iron: 0.34mg (1.87%)