



Apricot-Cherry Trifle

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

Ingredients

- ☐ 1 angel food cake cut into 1/2-inch slices
- ☐ 2 tablespoon all-natural apricot nectar
- ☐ 6 apricots pitted ripe halved
- ☐ 1 cup bing cherries pitted halved
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2.5 cups nonfat yogurt plain
- ☐ 0.5 teaspoon vanilla extract

Equipment

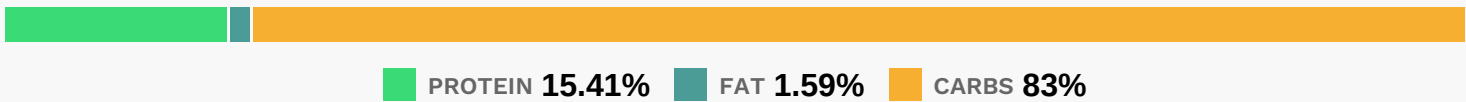
- ☐ sauce pan

☐ blender

Directions

- ☐ Cook first 4 ingredients in a medium saucepan over low heat for about 10 minutes or until apricots start to release juices.
- ☐ Remove from heat; set aside.
- ☐ Lay cake slices on waxed paper. Using a standard "rocks" glass, cut out 12 circles of cake. When apricots are cool, puree in blender 2 minutes or until smooth. Cover, and refrigerate 30 minutes. Stir yogurt into apricot mixture.
- ☐ Place a few cherry halves on the bottom of a rocks glass. Spoon 2 tablespoons yogurt-apricot mixture over cherries; cover with a slice of cake; repeat twice. Top with cherries and a drizzle of yogurt-apricot mixture.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:14.564347909844%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 431.62kcal (21.58%), Fat: 0.77g (1.19%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 90.74g (30.25%), Net Carbohydrates: 86.66g (31.51%), Sugar: 59.26g (65.85%), Cholesterol: 3.06mg (1.02%), Sodium: 558.28mg (24.27%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 16.85g (33.7%), Phosphorus: 450.18mg (45.02%), Vitamin A: 2195IU (43.9%), Calcium: 411.16mg (41.12%), Vitamin B2: 0.54mg (31.52%), Selenium: 18.57µg (26.53%), Potassium: 648.17mg (18.52%), Fiber: 4.08g (16.33%), Vitamin B12: 0.96µg (15.99%), Vitamin B5: 1.21mg (12.1%), Zinc: 1.7mg (11.36%), Vitamin C: 9.31mg (11.28%), Vitamin B1: 0.16mg (10.46%), Magnesium: 41.65mg (10.41%), Folate: 34.47µg (8.62%), Copper: 0.12mg (6.18%), Vitamin B6: 0.12mg (5.86%), Iron: 1.04mg (5.77%), Manganese: 0.11mg

(5.26%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.65mg (3.25%), Vitamin K: 2.21µg (2.11%)