



Berry Cheesecake Trifle

READY IN



255 min.

SERVINGS



1

CALORIES



2035 kcal

Ingredients

- ☐ 9 inch angel food cake cut into cubes
- ☐ 1 cup blueberries
- ☐ 5 ounce cheesecake pudding mix instant
- ☐ 3 cups milk cold
- ☐ 1 pound strawberries hulled
- ☐ 12 ounce non-dairy whipped topping frozen thawed

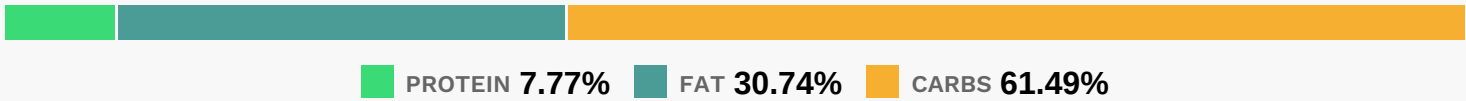
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk pudding mix and milk in a bowl for 2 minutes; let stand until thick, about 3 more minutes.
- ☐ Layer half the cake cubes into a trifle bowl or glass serving dish. Top cake cubes with half the pudding, half the blueberries, and half the whipped topping. Repeat layers; cover and refrigerate 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:30.46, Inflammation Score:-10, Nutrition Score:50.445652671482%

Flavonoids

Cyanidin: 20.14mg, Cyanidin: 20.14mg, Cyanidin: 20.14mg, Cyanidin: 20.14mg Petunidin: 47.16mg, Petunidin: 47.16mg, Petunidin: 47.16mg, Petunidin: 47.16mg Delphinidin: 53.84mg, Delphinidin: 53.84mg, Delphinidin: 53.84mg, Delphinidin: 53.84mg Malvidin: 100.08mg, Malvidin: 100.08mg, Malvidin: 100.08mg, Malvidin: 100.08mg Pelargonidin: 112.72mg, Pelargonidin: 112.72mg, Pelargonidin: 112.72mg, Pelargonidin: 112.72mg Peonidin: 30.26mg, Peonidin: 30.26mg, Peonidin: 30.26mg, Peonidin: 30.26mg Catechin: 21.94mg, Catechin: 21.94mg, Catechin: 21.94mg, Catechin: 21.94mg Epigallocatechin: 4.51mg, Epigallocatechin: 4.51mg, Epigallocatechin: 4.51mg, Epigallocatechin: 4.51mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg

Nutrients (% of daily need)

Calories: 2035.22kcal (101.76%), Fat: 69.91g (107.55%), Saturated Fat: 52.18g (326.1%), Carbohydrates: 314.59g (104.86%), Net Carbohydrates: 301.92g (109.79%), Sugar: 268.53g (298.37%), Cholesterol: 94.64mg (31.55%), Sodium: 2609.13mg (113.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.74g (79.49%), Vitamin C: 281.07mg (340.69%), Calcium: 1242.56mg (124.26%), Phosphorus: 1170.72mg (117.07%), Manganese: 2.29mg (114.59%), Vitamin B2: 1.52mg (89.32%), Vitamin B12: 4.64µg (77.33%), Potassium: 2280.41mg (65.15%), Vitamin D: 8.05µg (53.68%), Fiber: 12.67g (50.68%), Vitamin K: 51.65µg (49.19%), Magnesium: 181.33mg (45.33%), Vitamin B1: 0.66mg (43.9%), Vitamin B6: 0.81mg (40.29%), Selenium: 27.53µg (39.33%), Vitamin B5: 3.51mg (35.06%), Folate:

130.92µg (32.73%), Vitamin A: 1571.93IU (31.44%), Zinc: 4.24mg (28.29%), Vitamin E: 4.23mg (28.19%), Copper:
0.36mg (17.95%), Vitamin B3: 3.51mg (17.57%), Iron: 2.67mg (14.82%)