



Berry-Lime-Angel Food Mini Trifles

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



436 kcal

Ingredients

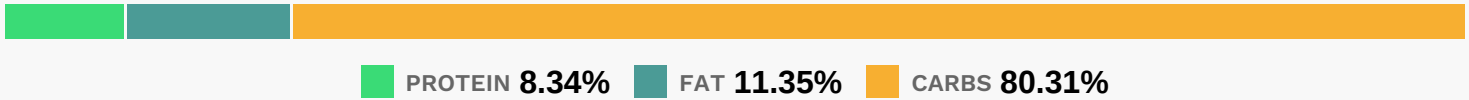
- ☐ 2 cups angel food cake cubed ()
- ☐ 1.3 cups blackberries divided
- ☐ 1.3 cups blueberries divided
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

Directions

- ☐ Fold lime rind into whipped topping; set aside.
- ☐ Place lime juice and 1 cup each blackberries and blueberries in an 8-inch square glass dish. Mash berry mixture using the back of a spoon.
- ☐ Layer half of cake cubes evenly in each of 4 dessert glasses. Top evenly with half of berry mixture and half of reserved topping mixture. Repeat layers with remaining half of cake cubes, berry mixture, and topping mixture. Top each trifle with 1 tablespoon each remaining blackberries and blueberries.
- ☐ Shortcut kitchen tip
- ☐ Mashing the berries releases their juice, which adds flavor and moisture to the cake. To easily mash the berries, place them in an 8-inch square glass dish or other container with a wide, flat bottom, and use the back of a spoon.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:10.355652213097%

Flavonoids

Cyanidin: 48.89mg, Cyanidin: 48.89mg, Cyanidin: 48.89mg, Cyanidin: 48.89mg Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg, Petunidin: 14.58mg Delphinidin: 16.39mg, Delphinidin: 16.39mg, Delphinidin: 16.39mg, Delphinidin: 16.39mg Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg, Malvidin: 31.26mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 9.48mg, Peonidin: 9.48mg, Peonidin: 9.48mg, Peonidin: 9.48mg Catechin: 19.12mg, Catechin: 19.12mg, Catechin: 19.12mg, Catechin: 19.12mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 435.58kcal (21.78%), Fat: 5.65g (8.69%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 89.95g (29.98%), Net Carbohydrates: 86.15g (31.33%), Sugar: 51.85g (57.61%), Cholesterol: 0.75mg (0.25%), Sodium: 632.54mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.69%), Phosphorus: 318.7mg (31.87%), Selenium: 19.24µg (27.48%), Manganese: 0.52mg (26.09%), Vitamin C: 16.06mg (19.47%), Vitamin K: 19.2µg (18.28%), Vitamin B2: 0.28mg (16.52%), Fiber: 3.8g (15.18%), Calcium: 143.1mg (14.31%), Copper: 0.19mg (9.36%), Potassium: 314.2mg (8.98%), Vitamin B1: 0.12mg (8.2%), Folate: 31.21µg (7.8%), Vitamin E: 1.01mg (6.7%), Magnesium: 24.4mg (6.1%), Iron: 0.73mg (4.07%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.32mg (3.22%), Vitamin A: 152.59IU (3.05%), Vitamin B6: 0.05mg (2.69%), Vitamin B12: 0.11µg (1.84%)