



Black Forest Trifle

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

DESSERT

Ingredients

- 1 ounce jell-o vanilla flavor pudding fat-free sugar-free instant
- 8 ounce chocolate sweet sugar-free low-fat (such as 'N Low)
- 2 cups skim milk fat-free
- 2 food coloring red
- 16 ounce no-sugar-added cherries frozen pitted
- 0.8 cup water
- 2 cups cool whip fat-free frozen thawed

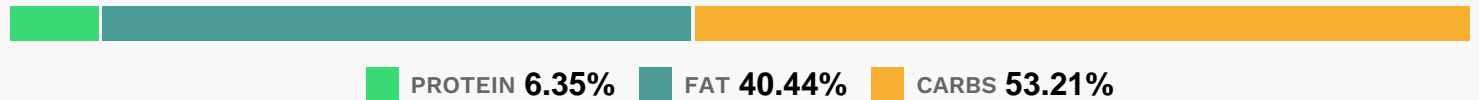
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 37
- Prepare cake mix according to package directions, using 3/4 cup water.
- Let cake cool in pan; remove from pan, and cut into cubes.
- Prepare pudding mix according to package directions, using 2 cups fat-free milk; chill at least 30 minutes.
- Thaw cherries, reserving 1/4 cup juice.
- Combine cherries, juice, and food coloring.
- Place half of cake cubes in a 3-quart trifle bowl. Spoon half of cherries over cake; spread 1 cup pudding over cherries, and top with half of whipped topping. Repeat layers.
- Garnish with chocolate curls, if desired (chocolate curls not included in analysis). Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:5.08, Inflammation Score:-2, Nutrition Score:3.596086954293%

Nutrients (% of daily need)

Calories: 160.91kcal (8.05%), Fat: 7.13g (10.97%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 20g (7.27%), Sugar: 18.03g (20.03%), Cholesterol: 3.22mg (1.08%), Sodium: 44.88mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.47mg (4.16%), Protein: 2.52g (5.04%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 80.02mg (8%), Calcium: 72.5mg (7.25%), Vitamin B12: 0.42µg (7.03%), Magnesium: 27.4mg (6.85%), Copper: 0.11mg (5.73%), Manganese: 0.09mg (4.74%), Fiber: 1.1g (4.41%), Potassium: 136.97mg (3.91%), Zinc: 0.51mg (3.39%), Vitamin B1: 0.05mg (3.01%), Vitamin D: 0.45µg (2.99%), Iron: 0.53mg (2.93%), Selenium: 1.74µg (2.49%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 105.18IU (2.1%), Vitamin B5: 0.16mg (1.59%), Vitamin K: 1.23µg (1.17%), Vitamin B3: 0.22mg (1.1%)