



Blackberry-Lemon Yogurt Trifle

READY IN



20 min.

SERVINGS



20

CALORIES



430 kcal

Ingredients

- 18 oz creamy peanut butter light thick yoplait®
- 2 cups cool whip fat-free frozen thawed ()
- 18 oz blackberries light fat free yoplait®
- 8 cups angel food cake cubed (1-inch) (10- to 12-oz cake)
- 4 cups blackberries fresh thawed ()
- 2 tablespoons lemon zest grated

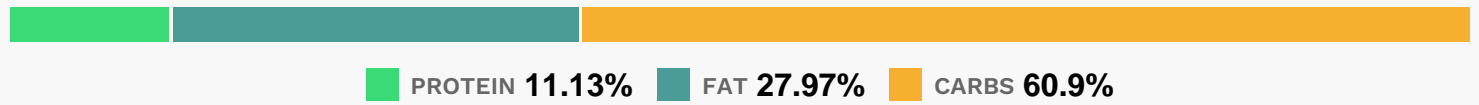
Equipment

- bowl

Directions

- In medium bowl, mix lemon meringue yogurt with 1 cup of the whipped topping. In another medium bowl, mix blackberry yogurt with remaining 1 cup whipped topping; set aside.
- In 2- to 3-quart trifle bowl or clear glass bowl, arrange half of the cake cubes. Top with 2 cups of the blackberries. Top with blackberry yogurt mixture. Arrange remaining cake cubes over yogurt. Top with remaining blackberries. Spoon lemon yogurt mixture over berries.
- Sprinkle with lemon peel. Refrigerate until ready to serve. Cover and refrigerate any remaining trifle.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:12.827826147494%

Flavonoids

Cyanidin: 54.29mg, Cyanidin: 54.29mg, Cyanidin: 54.29mg, Cyanidin: 54.29mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.13mg, Catechin: 20.13mg, Catechin: 20.13mg, Catechin: 20.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 430.35kcal (21.52%), Fat: 13.96g (21.48%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 68.43g (22.81%), Net Carbohydrates: 64.04g (23.29%), Sugar: 35.42g (39.35%), Cholesterol: 1.2mg (0.4%), Sodium: 599.02mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Manganese: 0.78mg (39.23%), Phosphorus: 323.17mg (32.32%), Selenium: 15.97µg (22.82%), Vitamin E: 2.98mg (19.85%), Vitamin B3: 3.92mg (19.6%), Fiber: 4.39g (17.54%), Vitamin B2: 0.28mg (16.59%), Magnesium: 62.24mg (15.56%), Vitamin C: 12.18mg (14.76%), Copper: 0.26mg (13.16%), Folate: 49.18µg (12.29%), Calcium: 116.65mg (11.67%), Potassium: 368.71mg (10.53%), Vitamin K: 10.95µg (10.43%), Vitamin B1: 0.13mg (8.5%), Vitamin B6: 0.14mg (7.23%), Zinc: 1.08mg (7.22%), Iron: 1mg (5.57%), Vitamin B5: 0.53mg (5.26%), Vitamin A: 129.66IU (2.59%), Vitamin B12: 0.14µg (2.32%)