



Blackberry-Lemon Yogurt Trifle

READY IN



20 min.

SERVINGS



20

CALORIES



290 kcal

Ingredients

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

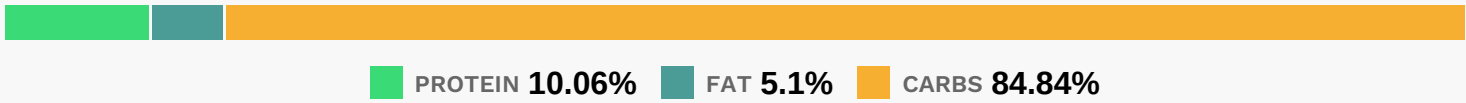
Equipment

- ☐ 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:3.47, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:8.0608696594186%

Flavonoids

Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 5.45mg, Eriodictyol: 5.45mg, Eriodictyol: 5.45mg, Eriodictyol: 5.45mg Hesperetin: 7.12mg, Hesperetin: 7.12mg, Hesperetin: 7.12mg, Hesperetin: 7.12mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 290.02kcal (14.5%), Fat: 1.71g (2.63%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 61.33g (22.3%), Sugar: 33.32g (37.02%), Cholesterol: 4.52mg (1.51%), Sodium: 501.56mg (21.81%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.57g (15.15%), Phosphorus: 259.38mg (25.94%), Vitamin C: 20.47mg (24.81%), Selenium: 15.49µg (22.12%), Vitamin B2: 0.27mg (15.76%), Calcium: 134.26mg (13.43%), Manganese: 0.25mg (12.72%), Fiber: 2.52g (10.09%), Potassium: 258.23mg (7.38%), Vitamin B1: 0.1mg (6.99%), Folate: 25.45µg (6.36%), Copper: 0.13mg (6.28%), Vitamin K: 5.87µg (5.59%), Magnesium: 19.12mg (4.78%), Vitamin B12: 0.23µg (3.9%), Vitamin B5: 0.33mg (3.33%), Iron: 0.57mg (3.16%), Zinc: 0.47mg (3.11%), Vitamin E: 0.41mg

(2.72%), Vitamin B6: 0.05mg (2.61%), Vitamin A: 105.93IU (2.12%), Vitamin B3: 0.41mg (2.03%)