

Caramel Almond Berry Trifle

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



191 kcal

DESSERT

Ingredients

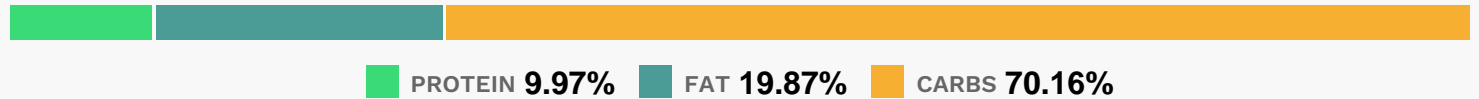
- 1 teaspoon almond extract
- 10 servings poached berries fresh
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 1 large vanilla pudding instant
- 3 cups milk
- 1 tub cool whip
- 1 round cake

Equipment

Directions

- Mix large box of pudding and milk (according to directions)
- Add one cap full of almond extract, mix well, and set aside to set. After pudding has set, let's start the layers. First a thick layer of pudding, a layer of the pound cake, add berries, drizzle caramel sauce over berries, add Cool Whip layer, then repeat layers. Top with additional berries and caramel.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:1.3, Inflammation Score:-2, Nutrition Score:5.5865217391304%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 100%, Saltiness: 28.71%, Sourness: 14.77%, Bitterness: 9.49%, Savoriness: 22.76%, Fattiness: 35.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 191.04kcal (9.55%), Fat: 4.29g (6.6%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 33.81g (12.29%), Sugar: 24.8g (27.56%), Cholesterol: 43mg (14.33%), Sodium: 270.2mg (11.75%), Protein: 4.84g (9.68%), Vitamin B2: 0.32mg (18.96%), Calcium: 141.11mg (14.11%), Vitamin B12: 0.82µg (13.7%), Phosphorus: 134.94mg (13.49%), Vitamin B1: 0.15mg (9.85%), Selenium: 4.95µg (7.07%), Vitamin D: 0.87µg (5.77%), Potassium: 172.52mg (4.93%), Iron: 0.83mg (4.58%), Folate: 18.24µg (4.56%), Vitamin B6: 0.09mg (4.44%), Vitamin B5: 0.44mg (4.36%), Vitamin A: 214.96IU (4.3%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.07mg (3.7%), Magnesium: 14.56mg (3.64%), Zinc: 0.52mg (3.5%), Copper: 0.02mg (1.21%), Fiber: 0.27g (1.07%)