

Coconut Chocolate Trifle

 **Gluten Free**

READY IN



15 min.

SERVINGS



14

CALORIES



254 kcal

Ingredients

- 0.3 cup apricot preserves
- 1.3 cups coconut flakes divided flaked toasted
- 4 ounces german chocolate sweet
- 1 cup half and half
- 5.9 ounces chocolate pudding instant
- 1.8 cups milk 2% cold
- 0.3 cup orange juice divided
- 10 ounces round cake frozen thawed

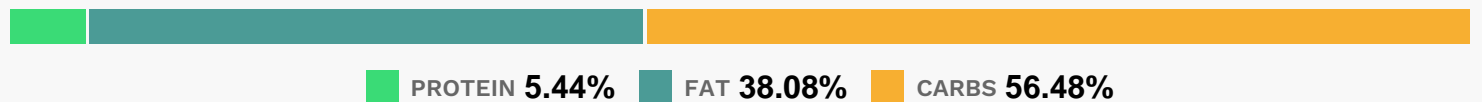
Equipment

bowl

Directions

- Trim crust from top, sides and bottom of cake.
- Cut cake into 16 slices.
- Spread preserves over eight slices; top with remaining cake.
- Cut into 1-in. cubes.
- Place in a 2-qt. serving bowl; drizzle with 1/3 cup orange juice. Chop chocolate; set aside 2 tablespoons for garnish.
- Sprinkle remaining chocolate and 1 cup coconut over cake.
- In a large bowl, combine the milk, cream, dry pudding mix and remaining orange juice; beat on low for 2 minutes. Spoon over cake.
- Sprinkle with remaining coconut and reserved chocolate. Refrigerate for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:5.0260869951352%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 253.58kcal (12.68%), Fat: 10.85g (16.69%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 34.42g (12.52%), Sugar: 25.27g (28.07%), Cholesterol: 29.06mg (9.69%), Sodium: 326.41mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Manganese: 0.3mg (15.1%), Phosphorus: 96.71mg (9.67%), Vitamin B2: 0.16mg (9.4%), Iron: 1.64mg (9.1%), Calcium: 73.25mg (7.33%), Fiber: 1.8g (7.19%), Selenium: 4.95µg (7.08%), Copper: 0.13mg (6.34%), Vitamin B1: 0.08mg (5.13%), Magnesium: 20.28mg (5.07%), Potassium: 169.72mg (4.85%), Vitamin C: 3.78mg (4.58%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.55mg (3.63%),

Folate: 14.38µg (3.6%), Vitamin B5: 0.33mg (3.28%), Vitamin A: 145.82IU (2.92%), Vitamin B6: 0.06mg (2.9%),
Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.15mg (1.01%)