



Creamy Citrus Trifle

READY IN



20 min.

SERVINGS



8

CALORIES



252 kcal

Ingredients

- ☐ 8 ounces angel food cake cut into 3/4-inch cubes
- ☐ 8 ounce carton cream sour low-fat
- ☐ 1 tablespoon cooking sherry dry
- ☐ 3.4 ounce lemon pudding mix instant
- ☐ 22 ounce mandarin oranges in syrup light drained canned
- ☐ 0.3 cup low-sugar orange marmalade
- ☐ 2 cups skim milk

Equipment

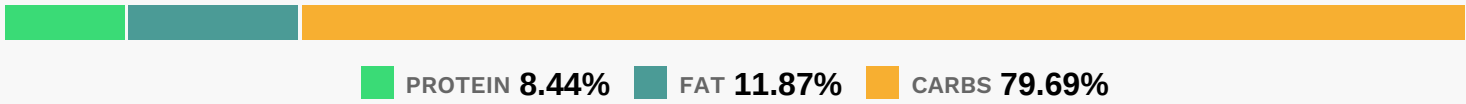
- ☐ bowl

☐ whisk

Directions

- ☐ Combine pudding mix and skim milk, stirring until smooth. Stir in sour cream; set aside.
- ☐ Combine marmalade and sherry, stirring with a wire whisk until blended.
- ☐ Arrange half of cake cubes in a 1 1/2-quart trifle bowl or straight-sided glass bowl. Spoon half of pudding mixture over cake.
- ☐ Drizzle marmalade mixture over pudding mixture. Arrange half of oranges over marmalade mixture. Repeat layers with remaining cake, pudding mixture, and oranges. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:7.3982609011557%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 6.2mg, Hesperetin: 6.2mg, Hesperetin: 6.2mg, Hesperetin: 6.2mg Naringenin: 7.82mg, Naringenin: 7.82mg, Naringenin: 7.82mg, Naringenin: 7.82mg

Nutrients (% of daily need)

Calories: 251.63kcal (12.58%), Fat: 3.44g (5.29%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 50.4g (18.33%), Sugar: 28.08g (31.2%), Cholesterol: 11.76mg (3.92%), Sodium: 263.59mg (11.46%), Alcohol: 0.19g (100%), Alcohol %: 0.11% (100%), Protein: 5.51g (11.01%), Vitamin C: 21.71mg (26.32%), Calcium: 179.32mg (17.93%), Phosphorus: 168.26mg (16.83%), Vitamin A: 757.12IU (15.14%), Vitamin B2: 0.2mg (11.79%), Potassium: 336.94mg (9.63%), Selenium: 6.73µg (9.62%), Vitamin B12: 0.48µg (8.05%), Vitamin B1: 0.11mg (7.55%), Fiber: 1.57g (6.26%), Magnesium: 22.74mg (5.69%), Folate: 21.72µg (5.43%), Vitamin B6: 0.11mg (5.37%), Vitamin D: 0.73µg (4.87%), Vitamin B5: 0.42mg (4.25%), Copper: 0.07mg (3.64%), Zinc: 0.52mg (3.46%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.25mg (1.68%), Iron: 0.25mg (1.38%)