



## Double-Berry Trifle Squares

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



193 kcal

DESSERT

### Ingredients

- 3 Tbsp cranberry juice cocktail
- 6.8 oz jell-o vanilla flavor pudding instant
- 2.5 cups milk cold
- 10.8 oz round cake prepared cut into 10 slices
- 20 oz raspberries frozen
- 2 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

### Equipment

- bowl
- frying pan
- whisk

## Directions

- Arrange cake slices in single layer on bottom of 13x9-inch pan, cutting as necessary to fit.
- Drizzle with juice cocktail; top with raspberries, separating berries as needed to form even layer.
- Sprinkle with sugar.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1 cup COOL WHIP; pour over raspberries. Carefully spread remaining COOL WHIP over top of dessert.
- Refrigerate several hours or until chilled.

## Nutrition Facts

**PROTEIN 6.88%** **FAT 18.97%** **CARBS 74.15%**

## Properties

Glycemic Index:12.94, Glycemic Load:2.61, Inflammation Score:-2, Nutrition Score:5.483913048454%

## Flavonoids

Cyanidin: 17.31mg, Cyanidin: 17.31mg, Cyanidin: 17.31mg, Cyanidin: 17.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 193.33kcal (9.67%), Fat: 4.14g (6.36%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 33.74g (12.27%), Sugar: 26.8g (29.78%), Cholesterol: 25.91mg (8.64%), Sodium: 234.98mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Manganese: 0.3mg (15%), Vitamin C: 11.17mg

(13.54%), Fiber: 2.64g (10.54%), Phosphorus: 91.35mg (9.13%), Calcium: 85.18mg (8.52%), Vitamin B2: 0.14mg (8.28%), Vitamin B1: 0.09mg (5.82%), Vitamin B12: 0.3µg (4.98%), Iron: 0.84mg (4.68%), Selenium: 3.19µg (4.56%), Folate: 17.94µg (4.49%), Potassium: 156.48mg (4.47%), Magnesium: 16.52mg (4.13%), Vitamin B5: 0.37mg (3.75%), Vitamin K: 3.62µg (3.45%), Vitamin B3: 0.68mg (3.39%), Vitamin D: 0.49µg (3.25%), Vitamin E: 0.48mg (3.2%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.96%), Copper: 0.05mg (2.58%), Vitamin A: 121.07IU (2.42%)