



Dulce de Leche Trifle

 Gluten Free

READY IN



150 min.

SERVINGS



30

CALORIES



113 kcal

DESSERT

Ingredients

- 0.3 cup brandy
- 0.5 cup dulce de leche
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 11.5 oz round cake prepared cut into 1-inch cubes
- 1 oz baker's semi-sweet chocolate shaved
- 16 oz strawberries whole frozen thawed
- 3 oz jell-o strawberry flavor gelatin

- 1 cup water boiling
- 8 oz cool whip whipped topping divided thawed

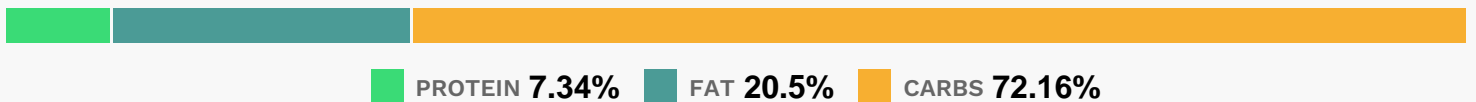
Equipment

- bowl
- whisk
- microwave

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in strawberries; set aside. Beat pudding mixes and milk in medium bowl with whisk 2 min.; stir in 1 cup COOL WHIP.
- Microwave dulce de leche in microwaveable bowl on HIGH 20 to 30 sec. or until thin enough to pour when stirred.
- Place half the cake in large clear serving bowl; drizzle with half the brandy. Cover with layers of half each of the strawberry and pudding mixtures; drizzle with dulce de leche.
- Top with remaining cake, brandy, strawberry mixture, pudding mixture and COOL WHIP.
- Garnish with chocolate curls. Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:2.7243477935376%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.76mg, Pelargonidin: 3.76mg, Pelargonidin: 3.76mg, Pelargonidin: 3.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 113.17kcal (5.66%), Fat: 2.5g (3.84%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 19.31g (7.02%), Sugar: 15.57g (17.3%), Cholesterol: 14.22mg (4.74%), Sodium: 137.09mg (5.96%), Alcohol: 0.67g (100%), Alcohol %: 1.03% (100%), Protein: 2.01g (4.03%), Vitamin C: 8.89mg (10.78%), Phosphorus: 55.42mg (5.54%), Manganese: 0.1mg (4.79%), Calcium: 46.63mg (4.66%), Vitamin B2: 0.08mg (4.45%), Vitamin B1: 0.05mg (3.05%), Vitamin B12: 0.17µg (2.91%), Selenium: 2.02µg (2.89%), Potassium: 85.01mg (2.43%), Iron: 0.43mg (2.41%), Folate: 9.05µg (2.26%), Magnesium: 8.42mg (2.1%), Vitamin D: 0.29µg (1.93%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.66%), Vitamin B5: 0.17mg (1.65%), Vitamin B3: 0.31mg (1.55%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.21mg (1.42%), Vitamin A: 64.14IU (1.28%)