



Easy Raspberry Trifle

 Dairy Free

READY IN



257 min.

SERVINGS



16

CALORIES



139 kcal

DESSERT

Ingredients

- 16 oz angel food cake mix
- 1.3 cups water cold
- 2 cups water boiling
- 1 box raspberries sugar-free raspberry-flavored (8-serving size)
- 20 oz raspberries sweetened frozen thawed
- 18 oz raspberries red yoplait®

Equipment

- bowl

- frying pan
- oven
- knife
- cake form

Directions

- Move oven rack to lowest position (remove other racks).
- Heat oven to 350°F.
- In extra-large glass or metal bowl, beat cake mix and cold water on low speed 30 seconds; beat on medium speed 1 minute.
- Pour into ungreased 10-inch angel food (tube) cake pan. Do not use fluted tube cake pan or 9-inch angel food (tube) cake pan, or batter will overflow.
- Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake.
- Immediately turn pan upside down onto glass bottle until cake is completely cool, about 1 hour. Run knife around edges; remove from pan. Tear cake into about 3/4-inch pieces.
- Pour boiling water on gelatin in large bowl; stir until gelatin is dissolved.
- Add raspberries. (If desired, remove several raspberries and reserve for garnish.) Refrigerate gelatin mixture about 15 minutes or until thickened but not set.
- Layer half each of the cake pieces, gelatin mixture and yogurt in 3-quart glass bowl; repeat.
- Garnish with reserved raspberries. Refrigerate at least 2 hours until firm. Cover and refrigerate any remaining dessert.

Nutrition Facts



PROTEIN 7.24% **FAT 3.2%** **CARBS 89.56%**

Properties

Glycemic Index:4.88, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:5.9204348552486%

Flavonoids

Cyanidin: 30.85mg, Cyanidin: 30.85mg, Cyanidin: 30.85mg, Cyanidin: 30.85mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg,

Delphinidin: 0.89mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg, Pelargonidin: 0.66mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 138.8kcal (6.94%), Fat: 0.51g (0.79%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 27.91g (10.15%), Sugar: 20.37g (22.63%), Cholesterol: 0mg (0%), Sodium: 236.17mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Manganese: 0.49mg (24.59%), Vitamin C: 17.66mg (21.4%), Fiber: 4.52g (18.09%), Phosphorus: 115.08mg (11.51%), Folate: 26.06µg (6.51%), Calcium: 61.7mg (6.17%), Vitamin B2: 0.1mg (5.96%), Selenium: 3.71µg (5.3%), Vitamin K: 5.28µg (5.03%), Copper: 0.1mg (4.76%), Magnesium: 18.44mg (4.61%), Vitamin E: 0.59mg (3.91%), Potassium: 127.56mg (3.64%), Iron: 0.54mg (3.01%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (1.98%), Vitamin B1: 0.02mg (1.44%)