



Easy Strawberry Trifle

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



90 kcal

Ingredients

- 10.8 oz round cake frozen thawed cubed prepared
- 2 cups strawberries sliced
- 1 pkg jell-o strawberry flavor gelatin (8-serving size)
- 1.5 cups water boiling
- 1.5 cups water cold
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- frying pan

Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in cold water.
- Pour into 13x9-inch pan. Refrigerate 3 hours or until firm.
- Cut gelatin into 1/2-inch cubes.
- Place in 3-1/2-qt. serving bowl. Cover with layers of cake cubes, half of the whipped topping and the strawberries. Top with remaining whipped topping.
- Refrigerate at least 1 hour before serving. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.1082608706277%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 90.39kcal (4.52%), Fat: 1.94g (2.98%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.56g (6.02%), Sugar: 12.63g (14.03%), Cholesterol: 15.77mg (5.26%), Sodium: 124.82mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 8.47mg (10.26%), Manganese: 0.09mg (4.4%), Phosphorus: 38.72mg (3.87%), Vitamin B2: 0.06mg (3.3%), Vitamin B1: 0.04mg (2.86%), Selenium: 2µg (2.86%), Folate: 11.09µg (2.77%), Iron: 0.49mg (2.72%), Calcium: 22.21mg (2.22%), Vitamin B3: 0.36mg (1.81%), Fiber:

0.36g (1.46%), Copper: 0.03mg (1.41%), Potassium: 48.87mg (1.4%), Magnesium: 4.78mg (1.2%)