



Eggnog Trifle

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



214 kcal

Ingredients

- 0.3 cup planters almonds toasted sliced
- 1.3 cups milk fat-free
- 0.1 tsp ground nutmeg
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 4 Tbsp orange juice divided
- 13.6 oz round cake fat-free prepared
- 3 cups strawberries halved
- 8 oz cool whip lite whipped topping thawed

Equipment

bowl

whisk

Directions

- Beat pudding mix, milk, 2 Tbsp. orange juice and nutmeg in large bowl with whisk 2 min. Gently stir in COOL WHIP.
- Slice cake horizontally into 4 layers.
- Sprinkle cake layers evenly with remaining orange juice.
- Cut into 1-inch cubes.
- Place half the cake cubes onto bottom of 2-1/2-qt. straight-sided bowl. Spoon half the COOL WHIP mixture over cake cubes. Top with berries and nuts, reserving several for garnish, if desired.
- Layer remaining cake cubes and COOL WHIP mixture over nuts. Top with reserved berries and nuts. Refrigerate until ready to serve.

Nutrition Facts

 PROTEIN **8.57%**  FAT **22.19%**  CARBS **69.24%**

Properties

Glycemic Index:20.52, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:7.468260894651%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.12kcal (10.71%), Fat: 5.35g (8.23%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 36.17g (13.15%), Sugar: 26.09g (28.99%), Cholesterol: 40.7mg (13.57%), Sodium: 287.61mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin C: 28.8mg (34.91%), Manganese: 0.3mg (15.16%), Phosphorus: 125.07mg (12.51%), Vitamin B2: 0.2mg (11.91%), Calcium: 97.56mg (9.76%), Vitamin B1: 0.14mg (9.11%), Folate: 32.85µg (8.21%), Iron: 1.35mg (7.5%), Selenium: 4.97µg (7.09%), Vitamin E: 0.92mg (6.15%), Potassium: 209.44mg (5.98%), Magnesium: 22.13mg (5.53%), Fiber: 1.38g (5.52%), Vitamin B3: 1.08mg (5.4%), Vitamin B12: 0.32µg (5.26%), Copper: 0.08mg (3.75%), Vitamin B5: 0.37mg (3.71%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.49mg (3.29%), Vitamin A: 157.47IU (3.15%), Vitamin D: 0.41µg (2.76%), Vitamin K: 1.76µg (1.68%)