



Fruit Pizza Trifles To Go

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



25

CALORIES



229 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 2 cups brown sugar
- 10 ounce clear honey
- 1 pound grapes seedless halved
- 2 kiwi fruit peeled sliced
- 32 ounce cream cheese softened reduced-fat
- 1 pineapple fresh cored peeled chopped
- 1 pound strawberries fresh coarsely chopped

- 12 sugar crushed
- 4 teaspoons vanilla extract

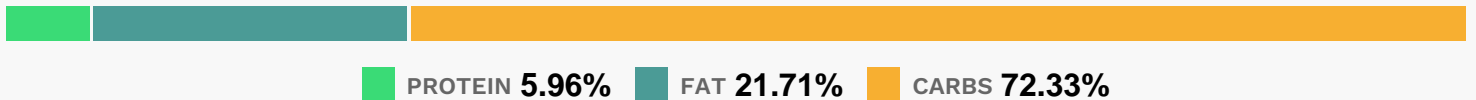
Equipment

- bowl

Directions

- Mix cream cheese, brown sugar, and vanilla extract in a bowl until smooth. Refrigerate until cold, about 30 minutes.
- In a separate bowl, lightly mix together the chopped strawberries, pineapple, grapes, and the blueberries.
- Scoop about 3 tablespoons of the cream cheese mixture into the bottom of each plastic cup to make a half-inch thick layer. Spoon enough mixed fruit on top of the cream cheese to make a 2-inch layer, about 1/3 cup. Top the fruit with a teaspoon or two of crumbled sugar cookies.
- Garnish each trifle with a kiwi slice. Refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:10.88, Inflammation Score:-4, Nutrition Score:7.3573912744937%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 5.99mg, Petunidin: 5.99mg, Petunidin: 5.99mg, Petunidin: 5.99mg Delphinidin: 6.76mg, Delphinidin: 6.76mg, Delphinidin: 6.76mg, Delphinidin: 6.76mg Malvidin: 12.79mg, Malvidin: 12.79mg, Malvidin: 12.79mg, Malvidin: 12.79mg Pelargonidin: 4.51mg, Pelargonidin: 4.51mg, Pelargonidin: 4.51mg, Pelargonidin: 4.51mg Peonidin: 3.85mg, Peonidin: 3.85mg, Peonidin: 3.85mg, Peonidin: 3.85mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 229.42kcal (11.47%), Fat: 5.78g (8.89%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 41.57g (15.12%), Sugar: 38.86g (43.18%), Cholesterol: 19.6mg (6.53%), Sodium: 137.18mg (5.96%), Alcohol: 0.22g (100%), Alcohol %: 0.17% (100%), Protein: 3.57g (7.14%), Vitamin C: 35.88mg (43.5%), Manganese: 0.51mg (25.75%), Vitamin K: 10.29µg (9.8%), Calcium: 82.18mg (8.22%), Phosphorus: 71.98mg (7.2%), Potassium: 250.75mg (7.16%), Fiber: 1.73g (6.91%), Vitamin B2: 0.11mg (6.47%), Copper: 0.12mg (5.83%), Vitamin B12: 0.33µg (5.56%), Folate: 21.56µg (5.39%), Vitamin B6: 0.11mg (5.27%), Vitamin A: 252.01IU (5.04%), Vitamin B5: 0.48mg (4.83%), Vitamin B1: 0.07mg (4.6%), Magnesium: 15.06mg (3.77%), Iron: 0.55mg (3.06%), Selenium: 1.92µg (2.74%), Vitamin E: 0.39mg (2.63%), Zinc: 0.36mg (2.4%), Vitamin B3: 0.47mg (2.36%)