



Fruit Trifle

READY IN



45 min.

SERVINGS



45

CALORIES



84 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white cooled melted (6 oz.)
- 3 cups fruit mixed fresh sliced (blueberries, kiwi, strawberries)
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 2 Tbsp liqueur orange-flavored
- 36 vanilla wafers
- 8 oz cool whip whipped topping divided thawed

Equipment

bowl

whisk

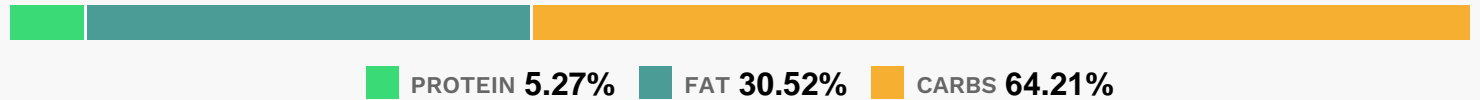
Directions

Stand 16 wafers around inside edge of trifle dish. Coarsely break remaining wafers; place on bottom of dish, then drizzle with liqueur.

Beat pudding mixes and milk in medium bowl with whisk 2 min. Stir in chocolate and half the COOL WHIP.

Layer half each of the pudding mixture and fruit over wafers in dish; repeat layers. Top with remaining COOL WHIP. Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:3.98, Inflammation Score:-1, Nutrition Score:1.226086963778%

Nutrients (% of daily need)

Calories: 84.47kcal (4.22%), Fat: 2.86g (4.4%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.41g (11.56%), Cholesterol: 2.63mg (0.88%), Sodium: 59.37mg (2.58%), Alcohol: 0.27g (100%), Alcohol %: 0.68% (100%), Protein: 1.11g (2.22%), Calcium: 29.61mg (2.96%), Vitamin B2: 0.05mg (2.91%), Phosphorus: 28.59mg (2.86%), Vitamin B1: 0.03mg (2.25%), Vitamin B12: 0.11µg (1.87%), Potassium: 55.65mg (1.59%), Vitamin A: 78.55IU (1.57%), Fiber: 0.35g (1.4%), Folate: 4.87µg (1.22%), Vitamin D: 0.18µg (1.19%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.17µg (1.11%)