



Gluten-Free Celebration Trifle

 Vegetarian

READY IN



210 min.

SERVINGS



10

CALORIES



238 kcal

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup granulated sugar
- 0.3 cup cornstarch
- 2 cups milk
- 2 eggs lightly beaten
- 2 tablespoons butter
- 1 teaspoon vanilla gluten-free
- 0.8 cup whipping cream

- 0.3 cup orange juice concentrate thawed
- 2 cups strawberries sliced
- 2 mangos peeled
- 0.5 cup coconut sweetened toasted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- plastic wrap

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) square pan. Make and bake cake as directed on box using water, butter, vanilla and eggs. Run knife around sides of pan to loosen cake. Cool 1 hour.
- Cut cake into 1-inch pieces; set aside.
- Meanwhile, in heavy 2-quart heavy saucepan, stir together sugar and cornstarch; stir in milk. Cook and stir over medium heat until thickened and bubbly. In medium bowl, beat eggs with wire whisk just until blended. Gradually stir 1 cup hot milk mixture into egg mixture, whisking constantly, until combined.
- Pour milk and egg mixture back into saucepan. Return to medium heat. Cook, stirring constantly, 1 to 2 minutes longer, or until thick and bubbly.
- Remove from heat. Stir in butter and vanilla. Press plastic wrap on filling to prevent a tough layer from forming on top. Refrigerate at least 1 hour.
- In medium bowl, whip cream until stiff peaks form. Fold whipped cream into pudding mixture until combined.
- In large bowl or trifle bowl, place half of the cake pieces.

- Brush or sprinkle half the liqueur over cake. Spoon half the berries, half the mangos and half the coconut over cake.
- Spread half the pudding mixture over coconut. Repeat with remaining cake, liqueur, berries, mangos and coconut. Cover; refrigerate at least 1 hour before serving.
- Garnish with additional fruit and coconut, if desired. Refrigerate any remaining trifle.

Nutrition Facts

PROTEIN 6.66%

FAT 46.22%

CARBS 47.12%

Properties

Glycemic Index:24.98, Glycemic Load:11.37, Inflammation Score:-7, Nutrition Score:8.5843478700389%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 7.17mg, Pelargonidin: 7.17mg, Pelargonidin: 7.17mg, Pelargonidin: 7.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 238.42kcal (11.92%), Fat: 12.6g (19.38%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 27.15g (9.87%), Sugar: 23.69g (26.32%), Cholesterol: 64.78mg (21.59%), Sodium: 67.6mg (2.94%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 4.08g (8.17%), Vitamin C: 42.41mg (51.4%), Vitamin A: 937.26IU (18.75%), Vitamin B2: 0.18mg (10.56%), Phosphorus: 99.47mg (9.95%), Manganese: 0.19mg (9.45%), Calcium: 89.94mg (8.99%), Folate: 35.24µg (8.81%), Potassium: 277.48mg (7.93%), Selenium: 5.42µg (7.74%), Fiber: 1.76g (7.04%), Vitamin B6: 0.13mg (6.69%), Vitamin D: 1µg (6.66%), Vitamin B12: 0.38µg (6.25%), Vitamin E: 0.84mg (5.63%), Vitamin B5: 0.53mg (5.29%), Magnesium: 20.9mg (5.22%), Vitamin B1: 0.07mg (4.88%), Copper: 0.09mg (4.39%), Zinc: 0.48mg (3.21%), Vitamin K: 3.34µg (3.18%), Vitamin B3: 0.57mg (2.84%), Iron: 0.46mg (2.58%)