



Healthified Strawberry-Peach Trifle

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



107 kcal

Ingredients

- 0.3 cup almonds sliced toasted
- 2 cups skim milk fat-free (skim)
- 1 box vanilla pudding instant (4-serving size)
- 0.5 cup orange juice
- 0.5 cup peach preserves
- 3 medium nectarines peeled sliced
- 3 cups strawberries fresh sliced
- 2 cups cool whip fat-free frozen thawed

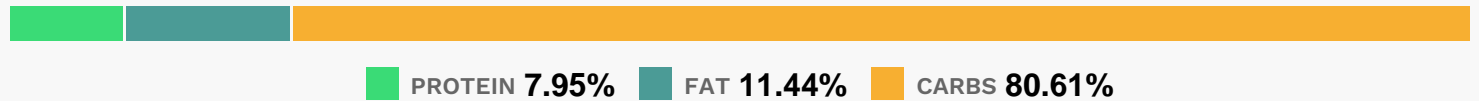
Equipment

bowl

Directions

- In large bowl, make pudding mix as directed on box for pudding using 2 cups milk. Refrigerate 15 minutes. Gently stir in whipped topping until blended.
- Meanwhile, in small bowl, mix preserves and amaretto until blended.
- In 3- to 4-quart trifle bowl or clear glass bowl, arrange half of the cake cubes. Top with half of the strawberries and peaches.
- Drizzle with half of the preserves mixture. Spoon and spread half of pudding mixture over fruit. Repeat layers, ending with pudding.
- Sprinkle almonds over top.
- Serve immediately or cover and refrigerate no longer than 8 hours.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:6.38, Inflammation Score:-3, Nutrition Score:4.7691304269044%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 107.49kcal (5.37%), Fat: 1.41g (2.17%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.08g (7.67%), Sugar: 17.09g (18.99%), Cholesterol: 2.42mg (0.81%), Sodium: 64.63mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 21.46mg (26.01%), Vitamin B2: 0.14mg (8.17%), Manganese: 0.16mg (7.91%), Phosphorus: 62.92mg (6.29%), Calcium: 62.55mg (6.25%), Fiber: 1.32g (5.3%), Vitamin B12: 0.32µg (5.27%), Potassium: 172.88mg (4.94%), Vitamin E: 0.63mg (4.22%), Vitamin B1: 0.06mg (3.88%), Magnesium: 15.49mg (3.87%), Vitamin A: 186.03IU (3.72%), Folate: 14.41µg (3.6%), Copper: 0.07mg (3.36%), Vitamin B3: 0.56mg (2.8%), Vitamin B6: 0.06mg (2.79%), Vitamin D: 0.34µg (2.25%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.32mg (2.11%), Selenium: 1.33µg (1.91%), Iron: 0.32mg (1.77%), Vitamin K: 1.16µg (1.11%)