

health-score 68%

HEALTH SCORE

Joy's Prizewinning Trifle

Very Healthy Popular

READY IN

ready

30 min.

SERVINGS

servings

1

CALORIES

calories

2516 kcal

Ingredients

- ☐ 9 inch angel food cake
- ☐ 3 bananas peeled sliced
- ☐ 15 ounce pineapple crushed drained canned
- ☐ 1 sprig mint leaves fresh
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 3 kiwis peeled sliced
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 pint strawberries fresh sliced
- ☐ 12 ounce non-dairy whipped topping frozen thawed

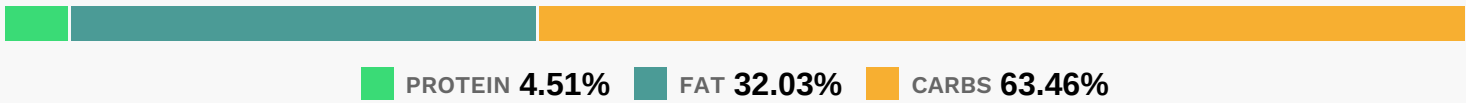
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, fold sour cream and unprepared pudding mix into the whipped topping.
- ☐ Cut the cake into thirds, horizontally.
- ☐ Line a large trifle or other glass serving bowl with kiwi and strawberry slices, reserving two whole strawberries and two kiwi slices.
- ☐ Place one layer of cake in bottom of bowl, top with 1/3 of bananas and pineapple, and 1/3 of whipped topping mixture. Repeat layering until all ingredients are used.
- ☐ Make fan garnishes of whole strawberries by slicing from just below the stem.
- ☐ Garnish assembled trifle with fanned strawberries, reserved kiwi slices, and a sprig of mint. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:147.44, Glycemic Load:65.74, Inflammation Score:-10, Nutrition Score:60.501304211824%

Flavonoids

Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 36.31mg, Catechin: 36.31mg, Catechin: 36.31mg, Catechin: 36.31mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epicatechin 3-gallate: 0.74mg, Epicatechin 3-gallate: 0.74mg, Epicatechin 3-gallate: 0.74mg, Epicatechin 3-gallate: 0.74mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin:

2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 2515.82kcal (125.79%), Fat: 93.28g (143.51%), Saturated Fat: 62.03g (387.68%), Carbohydrates: 415.92g (138.64%), Net Carbohydrates: 382.83g (139.21%), Sugar: 322.98g (358.86%), Cholesterol: 140.61mg (46.87%), Sodium: 1070.61mg (46.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Vitamin C: 555.29mg (673.08%), Manganese: 3.11mg (155.43%), Vitamin K: 139.49µg (132.84%), Fiber: 33.09g (132.36%), Vitamin B6: 2.17mg (108.52%), Potassium: 3742.04mg (106.92%), Phosphorus: 793.83mg (79.38%), Magnesium: 313.68mg (78.42%), Folate: 304.53µg (76.13%), Calcium: 754.05mg (75.41%), Vitamin B2: 1.26mg (74.36%), Copper: 1.44mg (71.9%), Vitamin B1: 0.86mg (57.46%), Vitamin E: 7.93mg (52.84%), Vitamin A: 2440.64IU (48.81%), Selenium: 28.6µg (40.86%), Vitamin B3: 7mg (35.01%), Vitamin B5: 3.06mg (30.64%), Iron: 5.39mg (29.92%), Zinc: 3.15mg (21%), Vitamin B12: 1.16µg (19.39%)