



Mixed Berry Trifles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 1 cup blackberries halved
- ☐ 3 citrus shortcake squares cut into 8 cubes
- ☐ 2 tablespoons grand marnier divided (orange liqueur)
- ☐ 1.8 cups greek yogurt plain fat-free
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup strawberries quartered
- ☐ 3 tablespoons sugar divided

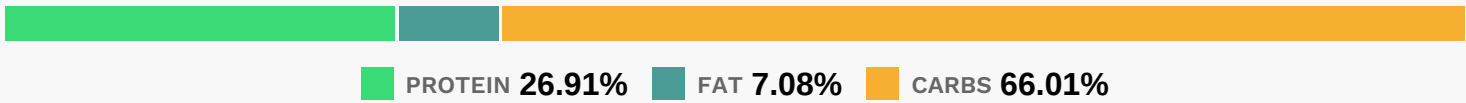
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Place Citrus Shortcake cubes on a baking sheet lined with parchment paper.
- ☐ Bake at 375 for 10 minutes or until toasted, turning after 5 minutes. Cool completely on pan on a wire rack.
- ☐ Combine yogurt, 2 tablespoons sugar, 1 tablespoon liqueur, and rind.
- ☐ Combine strawberries, remaining 1 tablespoon sugar, and remaining 1 tablespoon liqueur in a medium bowl. Gently stir in blackberries.
- ☐ Place 3 shortcake cubes in each of 4 (8-ounce) glasses or dessert bowls. Top each serving with about 1 tablespoon fruit mixture; top fruit mixture with 1 1/2 tablespoons yogurt mixture. Repeat layers, ending with yogurt.
- ☐ Serve immediately, or cover and refrigerate up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:10.32, Inflammation Score:-4, Nutrition Score:8.4378259700278%

Flavonoids

Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg, Cyanidin: 36.59mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg, Pelargonidin: 9.11mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg, Catechin: 14.46mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg

Epigallocatechin: 0.32mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg
Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–
gallate: 0.05mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–
gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,
Naringenin: 0.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg
Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.69mg, Quercetin: 1.69mg,
Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.63kcal (8.03%), Fat: 1.18g (1.82%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 24.85g (8.28%), Net
Carbohydrates: 22.02g (8.01%), Sugar: 18.98g (21.09%), Cholesterol: 4.38mg (1.46%), Sodium: 67.51mg (2.94%),
Alcohol: 1.95g (100%), Alcohol %: 1.36% (100%), Protein: 10.13g (20.26%), Vitamin C: 29.07mg (35.23%), Manganese:
0.38mg (19.05%), Vitamin B2: 0.28mg (16.39%), Phosphorus: 146.67mg (14.67%), Selenium: 9.03µg (12.9%),
Calcium: 118.04mg (11.8%), Fiber: 2.83g (11.33%), Vitamin B12: 0.61µg (10.21%), Vitamin K: 7.92µg (7.54%), Potassium:
249.03mg (7.12%), Folate: 26.25µg (6.56%), Magnesium: 24.88mg (6.22%), Zinc: 0.81mg (5.4%), Copper: 0.1mg
(4.85%), Vitamin B6: 0.09mg (4.47%), Vitamin B5: 0.44mg (4.35%), Vitamin B3: 0.77mg (3.84%), Iron: 0.66mg
(3.67%), Vitamin E: 0.54mg (3.57%), Vitamin B1: 0.05mg (3.18%), Vitamin A: 85.91IU (1.72%)