






 **85%**
HEALTH SCORE

Peach and Berry Trifle

 Very Healthy

READY IN

45 min.

SERVINGS

8

CALORIES

5767 kcal

DESSERT

Ingredients

- 4 peaches pitted halved thinly sliced cut into 1/2-inch pieces or
- 1 pint raspberries
- 1 cup raspberry jam seedless
- 48 sponge cake mix
- 2 pint strawberries halved quartered (if large)
- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 3 cups whipping cream chilled

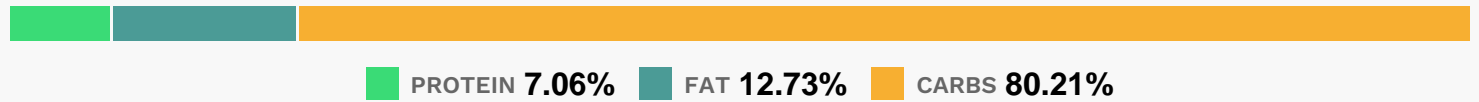
Equipment

bowl

Directions

- Mix first 5 ingredients in large bowl and toss to blend; let stand 10 minutes. Beat chilled cream in another large bowl until stiff peaks form.
- Arrange 16 ladyfingers in 10- to 12-cup glass bowl or trifle dish to cover bottom.
- Spread with 1/3 cup raspberry jam. Top with 2 cups fruit mixture, then 2 cups whipped cream. Repeat layering 2 more times with ladyfingers, raspberry jam, fruit mixture and cream.
- Garnish with whole strawberries, if desired.
- Refrigerate trifle at least 2 hours and up to 6 hours before serving.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:26.33, Inflammation Score:-10, Nutrition Score:75.083912559178%

Flavonoids

Cyanidin: 30.5mg, Cyanidin: 30.5mg, Cyanidin: 30.5mg, Cyanidin: 30.5mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 29.98mg, Pelargonidin: 29.98mg, Pelargonidin: 29.98mg, Pelargonidin: 29.98mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 8.14mg, Catechin: 8.14mg, Catechin: 8.14mg, Catechin: 8.14mg Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 5767.21kcal (288.36%), Fat: 81.81g (125.86%), Saturated Fat: 35.01g (218.82%), Carbohydrates: 1159.8g (386.6%), Net Carbohydrates: 1143g (415.64%), Sugar: 704.81g (783.12%), Cholesterol: 1936.85mg (645.62%), Sodium: 11263.33mg (489.71%), Alcohol: 0.17g (100%), Alcohol %: 0.01% (100%), Protein: 102.08g (204.15%), Vitamin B2: 5.12mg (300.91%), Vitamin B1: 4.46mg (297.6%), Iron: 50.41mg (280.05%), Phosphorus: 2587.91mg (258.79%), Selenium: 169.53µg (242.19%), Manganese: 4.7mg (234.9%), Folate: 899.56µg (224.89%), Vitamin B3: 36.23mg (181.15%), Calcium: 1364.24mg (136.42%), Vitamin C: 92.4mg (112%), Vitamin B5: 9.3mg (92.97%), Vitamin A: 4362.19IU (87.24%), Vitamin B12: 4.46µg (74.38%), Fiber: 16.8g (67.21%), Copper: 1.34mg (66.88%), Zinc: 10.01mg (66.72%), Potassium: 2262.18mg (64.63%), Magnesium: 240.4mg (60.1%), Vitamin B6: 1.08mg (54.14%), Vitamin E: 6.6mg (43.98%), Vitamin D: 5.03µg (33.52%), Vitamin K: 15.92µg (15.16%)