



Raspberry Trifle

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

Ingredients

- 0.5 loaf round cake fat-free
- 1.5 cups raspberries
- 10.5 ounce cartons vanilla pudding fat-free




Equipment

- bowl

Directions

Cut one-half loaf fat-free pound cake into cubes; place cubes on bottom of a 2-quart glass bowl or trifle dish. Top with 3 (5-ounce) cartons vanilla fat-free pudding and 1 1/2 cups raspberries.

Nutrition Facts

 PROTEIN 1%  FAT 1.73%  CARBS 97.27%

Properties

Glycemic Index:4.33, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:2.1334782534319%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 203.87kcal (10.19%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 47.76g (17.37%), Sugar: 40.72g (45.24%), Cholesterol: 0.09mg (0.03%), Sodium: 315.85mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Manganese: 0.21mg (10.26%), Vitamin C: 7.86mg (9.53%), Fiber: 2.25g (8.99%), Vitamin K: 2.34µg (2.23%), Copper: 0.04mg (1.87%), Vitamin E: 0.26mg (1.74%), Magnesium: 6.61mg (1.65%), Folate: 6.34µg (1.58%), Potassium: 55.3mg (1.58%), Iron: 0.25mg (1.38%), Vitamin B2: 0.02mg (1.06%)