



## Red, White and Blue Trifle

READY IN



120 min.

SERVINGS



8

CALORIES



801 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 1.3 cups buttermilk
- 0.3 cup vegetable oil
- 3 eggs
- 1 tablespoon cocoa powder unsweetened
- 1 tablespoon purple gel food coloring red
- 1 teaspoon purple gel food coloring blue
- 16 oz cream cheese softened
- 0.8 cup sugar

- 1 teaspoon vanilla
- 1.5 cups whipping cream
- 1 cup strawberries sliced
- 0.3 cup blueberries

## Equipment

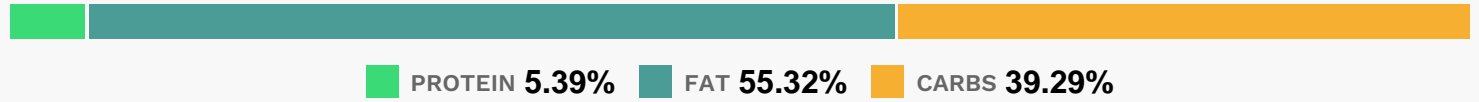
- bowl
- oven
- baking pan
- hand mixer
- toothpicks

## Directions

- Heat oven to 325°F. Spray two 8-inch square (2-quart) glass baking dishes with cooking spray.
- In large bowl, beat cake mix, buttermilk, oil, eggs and cocoa with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Divide batter between 2 bowls.
- Add red food color to one bowl, and mix well.
- Pour into one of the baking dishes.
- Add blue food color to other bowl, and mix well.
- Pour into other baking dish.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely in baking dishes, about 1 hour.
- In large bowl, mix cream cheese, 1/2 cup of the sugar and the vanilla until smooth. In another large bowl, beat whipping cream and remaining 1/4 cup sugar until stiff peaks form.
- Mix 1/2 cup of the whipped cream into cream cheese mixture. Gently fold in another 1 1/2 cups of the whipped cream. Set aside.
- Cut cakes into 1-inch squares.
- Put half of blue cake cubes in bottom of trifle bowl.

- Add one-third of the cream cheese mixture on top.
- Add half of the red cake cubes, followed by another one-third of the cream cheese mixture. Top with remaining blue cake cubes, then remaining cream cheese mixture. Reserve remaining red cake for another use.
- Add remaining whipped cream to top of trifle.
- Garnish with strawberries and blueberries.

## Nutrition Facts



### Properties

Glycemic Index:26.01, Glycemic Load:15.13, Inflammation Score:-8, Nutrition Score:14.611739034238%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 801.17kcal (40.06%), Fat: 50.11g (77.09%), Saturated Fat: 25.65g (160.29%), Carbohydrates: 80.07g (26.69%), Net Carbohydrates: 78.65g (28.6%), Sugar: 52.65g (58.5%), Cholesterol: 173.2mg (57.73%), Sodium: 701.33mg (30.49%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 10.98g (21.95%), Phosphorus: 378.37mg (37.84%), Vitamin A: 1573.09IU (31.46%), Vitamin B2: 0.51mg (29.76%), Calcium: 282.54mg (28.25%), Selenium: 18.5µg (26.43%), Vitamin K: 22.53µg (21.46%), Folate: 66.55µg (16.64%), Vitamin E: 2.48mg (16.55%), Vitamin C: 11.3mg (13.7%), Vitamin B1: 0.19mg (12.87%), Manganese: 0.26mg (12.81%), Vitamin B5: 1.05mg (10.52%), Iron: 1.85mg (10.29%), Vitamin D: 1.53µg (10.21%), Vitamin B3: 1.77mg (8.86%), Vitamin B12: 0.52µg (8.59%), Potassium: 272.42mg (7.78%), Zinc: 1.12mg (7.47%), Magnesium: 26.86mg (6.72%), Copper: 0.13mg (6.27%), Vitamin

B6: 0.12mg (5.94%), Fiber: 1.41g (5.65%)