



## Simple Berry and Vanilla Cream Trifle

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



203 kcal

### Ingredients

- 11.5 oz bread sliced
- 1 box vanilla pudding instant (6-serving size)
- 1 teaspoon vanilla
- 2 cups milk whole
- 0.5 cup cream sour
- 8 oz cool whip frozen thawed
- 1 lb strawberries fresh sliced
- 2 cups blueberries fresh

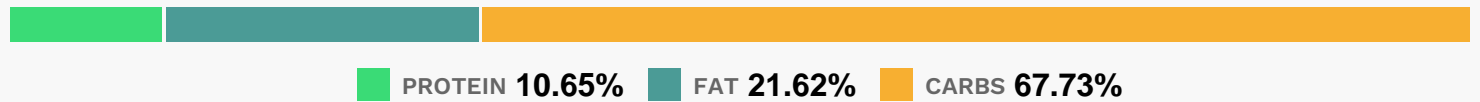
### Equipment

- bowl
- plastic wrap
- hand mixer

## Directions

- In medium bowl, beat pudding mix, vanilla, milk and sour cream with electric mixer on medium speed until soft pudding forms. Cover; refrigerate.
- In trifle bowl or large clear bowl, arrange 1 layer of sliced cake to cover entire bottom of bowl. Top with a layer of pudding, then a layer of whipped topping, and then a layer of strawberries. Repeat all layers except use blueberries. Continue with layers until bowl is full.
- Cover with plastic wrap; refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.54, Glycemic Load:13.64, Inflammation Score:-4, Nutrition Score:9.0413043602653%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 202.87kcal (10.14%), Fat: 4.99g (7.68%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 33.1g (12.04%), Sugar: 17.26g (19.17%), Cholesterol: 13.56mg (4.52%), Sodium: 247.04mg (10.74%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.53g (11.06%), Vitamin C: 24.7mg (29.95%), Vitamin B2: 0.32mg (19.12%), Manganese: 0.38mg (18.76%), Vitamin B1: 0.26mg (17.59%), Selenium: 9.71µg (13.87%), Folate: 47.76µg (11.94%), Calcium: 102.2mg (10.22%), Phosphorus: 101.95mg (10.19%), Vitamin B12: 0.52µg (8.66%), Vitamin B3: 1.68mg (8.4%), Fiber: 2.07g (8.28%), Iron: 1.31mg (7.25%), Potassium: 204.1mg (5.83%), Vitamin K: 6.1µg (5.81%), Magnesium: 22.48mg (5.62%), Vitamin B6: 0.11mg (5.59%), Zinc: 0.63mg (4.23%), Copper: 0.08mg (4.06%), Vitamin B5: 0.35mg (3.53%), Vitamin A: 176.51IU (3.53%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.38mg (2.54%)