



Simple Berry and Vanilla Cream Trifle

 Popular

READY IN



30 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 11.5 oz cake mix sliced
- ☐ 1 box vanilla pudding instant (6-serving size)
- ☐ 0.5 cup cream sour
- ☐ 1 lb strawberries fresh sliced
- ☐ 1 teaspoon vanilla
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 2 cups milk whole

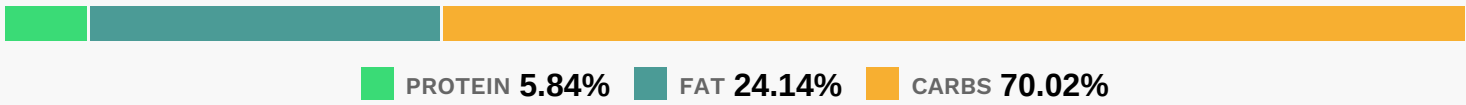
Equipment

- ☐ 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:9.83, Glycemic Load:2.77, Inflammation Score:-4, Nutrition Score:7.1260870021322%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg Delphinidin: 8.86mg, Delphinidin: 8.86mg, Delphinidin: 8.86mg, Delphinidin: 8.86mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 243.13kcal (12.16%), Fat: 6.62g (10.18%), Saturated Fat: 4.32g (27%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 41.47g (15.08%), Sugar: 29.2g (32.44%), Cholesterol: 10.91mg (3.64%), Sodium: 281.27mg (12.23%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 3.6g (7.2%), Vitamin C: 24.7mg (29.95%), Phosphorus: 158.78mg (15.88%), Manganese: 0.28mg (14.24%), Calcium: 138.41mg (13.84%), Vitamin B2: 0.17mg (10.1%), Folate: 30.17µg (7.54%), Vitamin B1: 0.11mg (7.3%), Vitamin K: 7.25µg (6.91%), Fiber: 1.72g (6.89%), Potassium: 183.76mg (5.25%), Vitamin B12: 0.3µg (5.08%), Vitamin B3: 0.95mg (4.75%), Iron: 0.82mg (4.56%), Vitamin E: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.21%), Magnesium: 16.31mg (4.08%), Selenium: 2.64µg (3.78%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 157.43IU (3.15%), Vitamin D: 0.45µg (2.98%), Copper: 0.06mg (2.89%), Zinc: 0.38mg (2.57%)