



## Skinny Strawberry-Peach Trifle

READY IN



30 min.

SERVINGS



16

CALORIES



412 kcal

### Ingredients

- 1 box vanilla pudding instant (4-serving size)
- 2 cups skim milk fat-free (skim)
- 2 cups cool whip fat-free frozen thawed
- 0.5 cup peach preserves
- 0.5 cup orange juice
- 8 cups angel food cake cubed (1-inch) (10 to 12 oz)
- 3 cups strawberries fresh sliced
- 3 medium nectarines peeled sliced
- 0.3 cup almonds sliced toasted

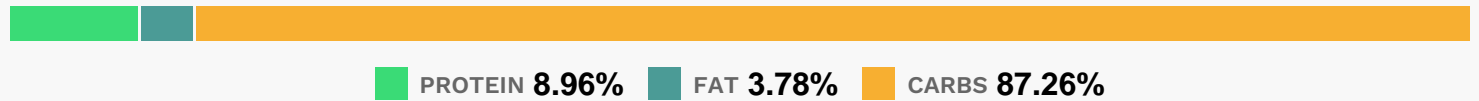
# Equipment

bowl

# Directions

- In large bowl, make pudding mix as directed on box for pudding using 2 cups milk. Refrigerate 15 minutes. Gently stir in whipped topping until blended.
- Meanwhile, in small bowl, mix preserves and amaretto until blended.
- In 3- to 4-quart trifle bowl or clear glass bowl, arrange half of the cake cubes. Top with half of the strawberries and peaches.
- Drizzle with half of the preserves mixture. Spoon and spread half of pudding mixture over fruit. Repeat layers, ending with pudding.
- Sprinkle almonds over top.
- Serve immediately or cover and refrigerate no longer than 8 hours.

# Nutrition Facts



# Properties

Glycemic Index:14.58, Glycemic Load:6.38, Inflammation Score:-4, Nutrition Score:9.4234783856765%

# Flavonoids

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Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 411.51kcal (20.58%), Fat: 1.77g (2.72%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 91.84g (30.61%), Net Carbohydrates: 90.28g (32.83%), Sugar: 53.17g (59.08%), Cholesterol: 2.42mg (0.81%), Sodium: 669.11mg (29.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Phosphorus: 337.36mg (33.74%), Selenium: 19.43µg (27.76%), Vitamin C: 21.46mg (26.01%), Vitamin B2: 0.35mg (20.83%), Calcium: 161.91mg (16.19%), Manganese: 0.23mg (11.64%), Vitamin B1: 0.15mg (9.71%), Potassium: 332.57mg (9.5%), Folate: 29.79µg (7.45%), Copper: 0.15mg (7.39%), Fiber: 1.56g (6.25%), Magnesium: 24.95mg (6.24%), Vitamin B12: 0.35µg (5.86%), Vitamin E: 0.64mg (4.3%), Vitamin A: 186.03IU (3.72%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.35mg (3.46%), Iron: 0.59mg (3.28%), Zinc: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.34µg (2.25%), Vitamin K: 1.28µg (1.22%)