



Spiced White Chocolate-Nectarine Trifles

READY IN



15 min.

SERVINGS



2

CALORIES



135 kcal

DESSERT

Ingredients

- 1 cup soymilk
- 1 box peach pie filling white instant (4-serving size)
- 0.1 teaspoon ground ginger
- 0.1 teaspoon nutmeg
- 1 slice angel food cake ()
- 0.5 cup cool whip fat-free frozen thawed ()
- 0.5 medium nectarines unpeeled cut into 1/2-inch pieces
- 1 serving chocolate white grated

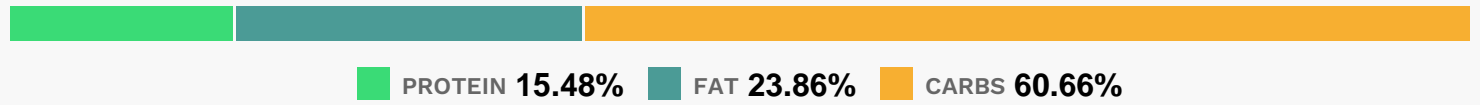
Equipment

- bowl
- whisk

Directions

- In medium bowl, beat soymilk, pudding mix, ginger and nutmeg with wire whisk until mixture is blended and thickened.
- To assemble, spoon 1/4 cup pudding into each of 2 small parfait glasses or clear drinking glasses.
- Layer each with half of the cake, 2 tablespoons whipped topping and half of nectarine. Top each with remaining pudding and whipped topping.
- Garnish with grated chocolate.

Nutrition Facts



Properties

Glycemic Index:108.21, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:9.9721739007079%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 135.13kcal (6.76%), Fat: 3.64g (5.6%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.66g (7.15%), Sugar: 13.46g (14.96%), Cholesterol: 3.11mg (1.03%), Sodium: 149.39mg (6.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin B12: 1.56µg (25.98%), Vitamin B2: 0.39mg (22.81%), Vitamin B3: 4.39mg (21.95%), Vitamin E: 3.21mg (21.42%), Calcium: 199.31mg (19.93%), Vitamin B6: 0.31mg (15.45%), Vitamin A: 614.85IU (12.3%), Vitamin C: 9.54mg (11.57%), Folate: 45.04µg (11.26%), Copper: 0.19mg (9.49%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.12mg (8.28%), Selenium: 5.51µg (7.88%), Potassium: 255.78mg (7.31%), Phosphorus: 55.85mg (5.59%), Fiber: 1.16g (4.63%), Iron: 0.75mg (4.19%), Manganese: 0.07mg (3.67%), Zinc: 0.45mg (2.97%), Magnesium: 6.38mg (1.6%)