



Strawberries and Cream Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



363 kcal

Ingredients

- ☐ 1 angel food cake cubed
- ☐ 8 ounce cream cheese softened
- ☐ 3 pints strawberries fresh hulled sliced
- ☐ 1.5 cups condensed milk sweetened
- ☐ 12 ounce non-dairy whipped topping frozen thawed cool whip® such as

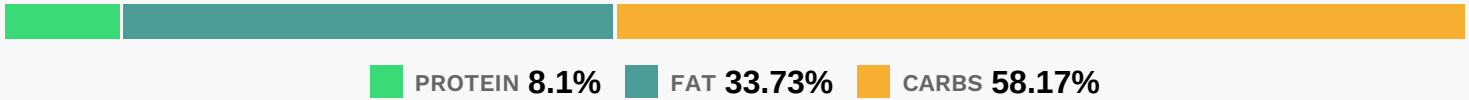
Equipment

- ☐ bowl

Directions

- ☐
- Mix cream cheese, sweetened condensed milk, and whipped topping together in a bowl until smooth.
- ☐
- Sprinkle a layer of angel food cake cubes in a large glass bowl; top with a layer of strawberries.
- ☐
- Spread a cream cheese mixture layer atop strawberries. Repeat layers with remaining ingredients. Chill in refrigerator for 30 minutes to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:15.66, Inflammation Score:-6, Nutrition Score:12.218695453976%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 363.11kcal (18.16%), Fat: 13.98g (21.51%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 51.84g (18.85%), Sugar: 42.64g (47.37%), Cholesterol: 32.66mg (10.89%), Sodium: 274.3mg (11.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin C: 70.55mg (85.52%), Manganese: 0.48mg (23.94%), Phosphorus: 232.1mg (23.21%), Calcium: 189.82mg (18.98%), Selenium: 12.77µg (18.25%), Vitamin B2: 0.31mg (17.98%), Potassium: 414.73mg (11.85%), Folate: 38.83µg (9.71%), Fiber: 2.42g (9.69%), Vitamin A: 391.12IU (7.82%), Magnesium: 31.28mg (7.82%), Vitamin B1: 0.09mg (6.25%), Vitamin B5: 0.57mg (5.74%), Vitamin E: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.64%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.68mg (4.57%), Copper: 0.09mg (4.4%), Vitamin K: 4.16µg (3.97%), Iron: 0.67mg (3.73%), Vitamin B3: 0.63mg (3.13%)