



 **100%**
HEALTH SCORE

Strawberry and Peach Cream Trifle

 **Gluten Free**  **Very Healthy**

READY IN



295 min.

SERVINGS



1

CALORIES



4402 kcal

DESSERT

Ingredients

- 2 packages vanilla pudding instant (4-serving size each) (not)
- 3 cups milk
- 6 cups strawberries sliced
- 1 large peaches fresh cubed peeled
- 0.3 cup sugar
- 16 ounces round cake frozen
- 0.3 cup strawberry jam
- 0.3 cup orange juice

- 1 cup whipping cream (heavy)
- 0.3 cup slivered almonds toasted
- 2 large peaches fresh peeled sliced

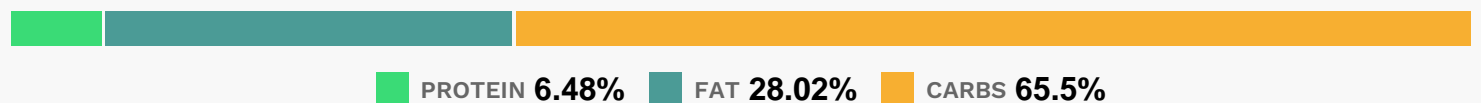
Equipment

- bowl
- plastic wrap
- hand mixer

Directions

- Make pudding mix as directed on package for pudding, using 3 cups milk.
- Place plastic wrap directly on top of pudding. Refrigerate at least 2 hours until chilled.
- Mix strawberries, cubed peach and sugar.
- Let stand at room temperature 15 minutes.
- Cut pound cake horizontally in half.
- Spread preserves over bottom half. Top with top half.
- Cut into 18 slices.
- Drizzle with amaretto.
- Place 9 slices in 3- to 4-quart straight-sided glass bowl. Spoon half of strawberry mixture over cake.
- Beat whipping cream in chilled small bowl with electric mixer on high speed until stiff. Fold whipped cream into pudding. Spoon half of pudding mixture over strawberries. Repeat layers with remaining cake, strawberry mixture and pudding mixture. Refrigerate at least 2 hours.
- Just before serving, sprinkle with almonds. Top with sliced peaches.

Nutrition Facts



Properties

Glycemic Index:345.59, Glycemic Load:120.93, Inflammation Score:-10, Nutrition Score:86.754782635233%

Flavonoids

Cyanidin: 25.26mg, Cyanidin: 25.26mg, Cyanidin: 25.26mg, Cyanidin: 25.26mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 214.7mg, Pelargonidin: 214.7mg, Pelargonidin: 214.7mg, Pelargonidin: 214.7mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 53.05mg, Catechin: 53.05mg, Catechin: 53.05mg, Catechin: 53.05mg Epigallocatechin: 12.9mg, Epigallocatechin: 12.9mg, Epigallocatechin: 12.9mg, Epigallocatechin: 12.9mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg Epicatechin 3-gallate: 1.3mg, Epicatechin 3-gallate: 1.3mg, Epicatechin 3-gallate: 1.3mg, Epicatechin 3-gallate: 1.3mg Epigallocatechin 3-gallate: 2.53mg, Epigallocatechin 3-gallate: 2.53mg, Epigallocatechin 3-gallate: 2.53mg, Epigallocatechin 3-gallate: 2.53mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 3.69mg, Naringenin: 3.69mg, Naringenin: 3.69mg, Naringenin: 3.69mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg

Nutrients (% of daily need)

Calories: 4401.51kcal (220.08%), Fat: 140.18g (215.67%), Saturated Fat: 73.44g (459.03%), Carbohydrates: 737.18g (245.73%), Net Carbohydrates: 704.17g (256.06%), Sugar: 544.76g (605.29%), Cholesterol: 819.44mg (273.15%), Sodium: 4492.98mg (195.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.88g (145.76%), Vitamin C: 569.47mg (690.26%), Manganese: 5.32mg (265.82%), Vitamin B2: 3.46mg (203.3%), Phosphorus: 1982.04mg (198.2%), Calcium: 1640.74mg (164.07%), Vitamin A: 7322.42IU (146.45%), Vitamin B1: 2.02mg (134.52%), Fiber: 33.01g (132.04%), Folate: 501.4µg (125.35%), Potassium: 4162.34mg (118.92%), Selenium: 81.7µg (116.72%), Vitamin E: 17.02mg (113.47%), Iron: 19.62mg (109.02%), Magnesium: 391.84mg (97.96%), Vitamin B3: 18.5mg (92.5%), Vitamin B12: 5.42µg (90.37%), Vitamin D: 12.77µg (85.11%), Copper: 1.57mg (78.66%), Vitamin B5: 7.65mg (76.5%), Vitamin B6: 1.38mg (69.09%), Zinc: 9.27mg (61.8%), Vitamin K: 45.54µg (43.37%)