



Strawberry Angel-Food Trifle

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 16 ounce full-fat greek yogurt fat-free
- ☐ 1 angel-food cake store-bought
- ☐ 1 pound strawberries frozen
- ☐ 0.5 cup sugar

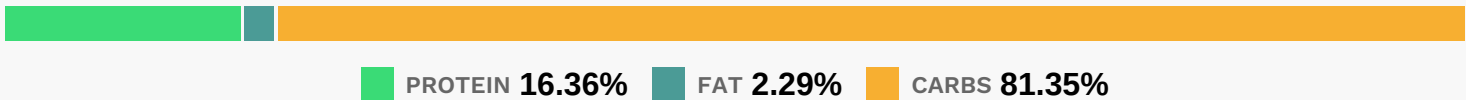
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the strawberries and sugar in a saucepan.
- ☐ Heat gently until the strawberries are soft and the sugar has dissolved. Allow the juices to reduce slightly, until they have the consistency of a thin syrup.
- ☐ Let cool.
- ☐ Tear fist-sized pieces from the angel-food cake and use them to line the bottom of a large, clear bowl or trifle dish. Cover with a layer of Greek yogurt and a layer of strawberries in syrup, filling in any holes in the previous layer.
- ☐ Add another layer of cake and continue building until all the ingredients have been used, ending with a few spoonfuls of yogurt and strawberries as a garnish.
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Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:10.01, Inflammation Score:-3, Nutrition Score:7.2360869620157%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 210.08kcal (10.5%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 42.6g (15.49%), Sugar: 30.06g (33.4%), Cholesterol: 2.84mg (0.94%), Sodium: 238.28mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Vitamin C: 33.34mg (40.41%), Phosphorus: 189.32mg (18.93%), Selenium: 12.42µg (17.74%), Vitamin B2: 0.25mg (14.8%), Manganese: 0.25mg (12.56%), Calcium: 107.83mg (10.78%), Vitamin B12: 0.41µg (6.83%), Potassium: 224.32mg (6.41%), Folate: 23.1µg (5.78%), Fiber: 1.22g (4.88%), Magnesium: 17.01mg (4.25%), Vitamin B1: 0.06mg (3.84%), Copper: 0.07mg (3.33%), Vitamin B6: 0.07mg (3.25%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.44mg (2.91%), Iron: 0.38mg (2.09%), Vitamin B3: 0.4mg (2.02%), Vitamin K: 1.29µg (1.23%), Vitamin E: 0.17mg (1.16%)