



Strawberry-Chocolate Trifle

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 15 ounce devil's food cake mix gluten-free (such as Betty Crocker)
- ☐ 0.3 cup rum (raspberry-flavored liqueur; optional)
- ☐ 2 tablespoons chocolate syrup
- ☐ 3 large eggs
- ☐ 2.5 cups milk 1% low-fat
- ☐ 3 cups strawberries sliced
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 ounce vanilla pudding mix gluten-free instant
- ☐ 1 cup water

- ☐ 8 ounce non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Prepare cake mix according to package directions, using unsalted butter, eggs, and 1 cup water.
- ☐ Pour batter into an 8-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 38 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Combine milk and pudding mix in a medium bowl, stirring with a whisk 2 minutes. Cover and chill 5 minutes. Fold in 1 container whipped topping.
- ☐ Cut cake into 1-inch squares.
- ☐ Layer half of cake in bottom of a 4-quart trifle bowl.
- ☐ Brush cake with 2 tablespoons liqueur, if desired; spread half of pudding mixture over cake.
- ☐ Layer half of strawberries over pudding. Reserve 1/4 cup of remaining whipped topping. Top strawberries with remaining 1 1/4 cups whipped topping. Repeat layers with remaining cake, liqueur, if desired, pudding mixture, and strawberries. Cover and chill 8 hours. Dollop center of trifle with reserved 1/4 cup whipped topping, and drizzle with chocolate syrup just before serving.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:6.9730434728705%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 6.73mg, Pelargonidin: 6.73mg, Pelargonidin: 6.73mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 13.13g (20.2%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 28.94g (10.52%), Sugar: 19.44g (21.6%), Cholesterol: 52.25mg (17.42%), Sodium: 272.03mg (11.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.07mg (1.02%), Protein: 4.74g (9.48%), Vitamin C: 16.37mg (19.85%), Phosphorus: 150.78mg (15.08%), Calcium: 109.02mg (10.9%), Selenium: 7.52µg (10.75%), Manganese: 0.19mg (9.49%), Vitamin B2: 0.16mg (9.43%), Iron: 1.55mg (8.63%), Copper: 0.15mg (7.31%), Folate: 29.18µg (7.3%), Potassium: 225.39mg (6.44%), Vitamin A: 315.32IU (6.31%), Magnesium: 24.87mg (6.22%), Vitamin B12: 0.35µg (5.81%), Fiber: 1.38g (5.5%), Vitamin B1: 0.08mg (5.36%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.7µg (4.66%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.36mg (3.61%), Vitamin B6: 0.07mg (3.27%), Vitamin B3: 0.61mg (3.07%), Vitamin K: 2.78µg (2.65%)