



Strawberry Cream Cheese Trifle



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 4 cups strawberries fresh cut into quarters
- ☐ 0.5 cup currant jelly red melted
- ☐ 16 oz cream cheese softened
- ☐ 0.8 cup sugar
- ☐ 1 cup whipping cream
- ☐ 2 cups frangelico

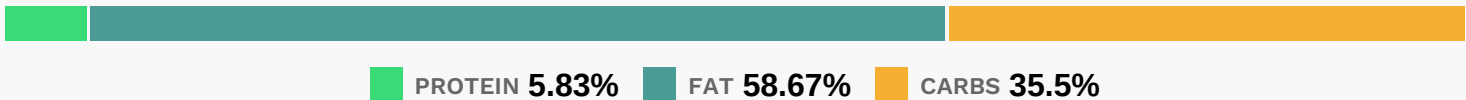
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat griddle to 375°F or 12-inch skillet over medium-low heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary.
- ☐ In large bowl, mix Bisquick mix, milk and eggs until blended. For each pancake, pour slightly less than 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook until golden. Cool completely.
- ☐ Meanwhile, in large bowl, toss strawberries with melted jelly to coat.
- ☐ In large bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth; slowly add whipping cream. Increase mixer speed to high and beat until light and fluffy.
- ☐ In 3 1/2-quart glass trifle bowl, arrange half the pancakes in bottom. Set aside 1 cup of the cream cheese mixture. Spoon half of the remaining cream cheese mixture over pancakes; top with half of the strawberry mixture. Repeat with remaining pancakes, cream cheese and strawberry mixture. Top with reserved 1 cup of cream cheese mixture.
- ☐ Garnish with additional berries and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:16.02, Inflammation Score:-6, Nutrition Score:7.0513042729834%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 325.29kcal (16.26%), Fat: 21.7g (33.39%), Saturated Fat: 12.81g (80.08%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 28.43g (10.34%), Sugar: 24.7g (27.44%), Cholesterol: 90.31mg (30.1%), Sodium: 147.32mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin C: 29.59mg (35.87%), Vitamin A: 877.5IU (17.55%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 101.22mg (10.12%), Selenium: 7.03µg (10.05%), Manganese: 0.2mg (9.93%), Calcium: 89.51mg (8.95%), Potassium: 193.96mg (5.54%), Folate: 20.72µg (5.18%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.29µg (4.83%), Vitamin D: 0.69µg (4.58%), Fiber: 1.12g (4.46%), Vitamin B6: 0.08mg (3.92%), Magnesium: 14.92mg (3.73%), Zinc: 0.49mg (3.28%), Vitamin B1: 0.04mg (2.72%), Copper: 0.05mg (2.63%), Iron: 0.46mg (2.57%), Vitamin K: 2.57µg (2.45%), Vitamin B3: 0.26mg (1.32%)