



## Strawberry-Kiwi Holiday Trifle

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



131 kcal

### Ingredients

- 2 doz. glazed donut holes
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 kiwis divided peeled sliced
- 3.3 cups milk cold
- 3 cups strawberries fresh divided halved
- 8 oz cool whip whipped topping divided thawed

### Equipment

- bowl
- whisk

## Directions

- Beat pudding mixes and milk in medium bowl with whisk 2 min. Stir in 2 cups COOL WHIP.
- Reserve 2 strawberry halves and 3 kiwi slices for garnish.
- Place 12 donut holes in 2-qt. bowl; top with 1/3 of the pudding mixture and remaining strawberries. Cover with remaining donut holes and half the remaining pudding mixture; top with remaining kiwi, pudding mixture and COOL WHIP.
- Garnish with reserved fruit.
- Refrigerate 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:8.71, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:4.7930434838585%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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 Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg 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: 131.26kcal (6.56%), Fat: 3.92g (6.02%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 21g (7.64%), Sugar: 18.85g (20.95%), Cholesterol: 6.65mg (2.22%), Sodium: 114mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin C: 26mg (31.51%), Calcium: 85.35mg (8.54%), Phosphorus: 75.88mg (7.59%), Manganese: 0.13mg (6.31%), Vitamin K: 6.17µg (5.87%), Vitamin B2: 0.1mg (5.74%),

Vitamin B12: 0.32µg (5.26%), Potassium: 165.23mg (4.72%), Fiber: 1.02g (4.09%), Vitamin D: 0.58µg (3.88%),  
Magnesium: 13.09mg (3.27%), Vitamin B1: 0.04mg (2.85%), Vitamin B6: 0.06mg (2.81%), Folate: 10.52µg (2.63%),  
Vitamin B5: 0.26mg (2.55%), Selenium: 1.62µg (2.32%), Vitamin E: 0.34mg (2.29%), Vitamin A: 110.84IU (2.22%),  
Zinc: 0.29mg (1.95%), Copper: 0.03mg (1.74%), Vitamin B3: 0.23mg (1.13%)