

Strawberry Lemon Trifle

READY IN



20 min.

SERVINGS



14

CALORIES



113 kcal

Ingredients

- 8 ounces angel food cake prepared
- 4 ounces weight cream cheese fat-free softened
- 2 cups skim milk fat-free
- 1 cup vanilla yogurt fat-free
- 3.4 ounces reg. size containers lemon pudding instant
- 2 teaspoons lemon zest grated
- 2.5 cups strawberries fresh divided sliced
- 1 tablespoon grape juice white

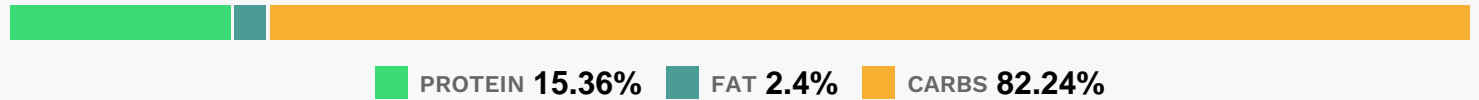
Equipment

- bowl
- blender

Directions

- In a large bowl, beat cream cheese and yogurt.
- Add the milk, dry pudding mix and lemon peel; beat until smooth. In a blender, process 1/2 cup strawberries and grape juice until blended.
- Tear cake into 1-in. cubes; place a third in a trifle bowl or 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries.
- Drizzle with half of the strawberry sauce. Repeat. Top with remaining cake and pudding mixture. Cover and refrigerate for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:4.6499999476516%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 6.39mg, Pelargonidin: 6.39mg, Pelargonidin: 6.39mg, Pelargonidin: 6.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.65kcal (5.63%), Fat: 0.31g (0.47%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 23.08g (8.39%), Sugar: 11.9g (13.22%), Cholesterol: 2.37mg (0.79%), Sodium: 199.31mg (8.67%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.42g (8.84%), Vitamin C: 15.61mg (18.92%), Phosphorus: 144.78mg (14.48%), Calcium: 119.8mg (11.98%), Vitamin B2: 0.14mg (8%), Selenium: 4.81µg (6.87%), Vitamin B12: 0.37µg (6.12%), Manganese: 0.12mg (6.11%), Potassium: 178.03mg (5.09%), Magnesium: 13.67mg (3.42%), Folate: 13.42µg (3.36%), Vitamin B1: 0.05mg (3.25%), Zinc: 0.47mg (3.12%), Vitamin D: 0.38µg (2.57%), Vitamin B5: 0.25mg (2.46%), Fiber: 0.59g (2.34%), Vitamin B6: 0.05mg (2.27%), Vitamin A: 81.11IU (1.62%), Copper: 0.03mg (1.55%), Iron: 0.19mg (1.04%), Vitamin B3: 0.21mg (1.03%)