



Strawberry-Rhubarb Trifle

 Gluten Free

READY IN



385 min.

SERVINGS



12

CALORIES



335 kcal

DESSERT

Ingredients

- 16 oz round cake
- 0.5 lb rhubarb cut into 1/2-inch pieces (2 cups)
- 1 cup sugar
- 0.3 cup orange juice
- 2 cups strawberries sliced
- 2 boxes vanilla pudding instant (4-serving size each) (not)
- 2.5 cups milk
- 2 cups cool whip frozen thawed

- 0.5 cup orange marmalade
- 1 cup strawberries whole
- 1 serving orange zest shredded

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- plastic wrap

Directions

- Heat oven to 350°F. Make and bake cake mix as directed on box for one 9-inch loaf or two 8-inch loaves, using water and eggs. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 2 hours.
- Meanwhile, in 2-quart saucepan, mix rhubarb, sugar and orange juice.
- Heat to boiling over medium heat. Reduce heat to low; cook about 15 minutes, stirring occasionally, until rhubarb is tender and mixture starts to thicken slightly. Cool 30 minutes. Refrigerate about 2 hours or until chilled. Stir in sliced strawberries.
- While rhubarb mixture is cooling, in 2-quart saucepan, mix pudding mix and milk. Cook over medium heat 6 to 7 minutes, stirring constantly, until mixture boils. Cool 15 minutes. Press plastic wrap directly on pudding to prevent a tough layer from forming on top. Refrigerate at least 2 hours until chilled. Fold in whipped topping.
- Cut pound cake horizontally in half.
- Spread marmalade over bottom half. Top with top half.
- Cut into 18 slices.
- Place 9 slices in bottom of 2 1/2- to 3-quart trifle or serving bowl.
- Spoon half of the rhubarb mixture over cake; top with half of the pudding. Repeat layers with remaining cake, rhubarb mixture and pudding. Cover; refrigerate at least 2 hours until chilled.
- Arrange whole strawberries on top of trifle.

Garnish with orange peel. Store covered in refrigerator.

Nutrition Facts

PROTEIN 5.39% **FAT 9.28%** **CARBS 85.33%**

Properties

Glycemic Index:21.09, Glycemic Load:13.7, Inflammation Score:-3, Nutrition Score:8.1526087470677%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 335.13kcal (16.76%), Fat: 3.55g (5.46%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 73.37g (24.46%), Net Carbohydrates: 71.76g (26.1%), Sugar: 58.05g (64.5%), Cholesterol: 46.66mg (15.55%), Sodium: 374.24mg (16.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin C: 27.26mg (33.05%), Vitamin B2: 0.27mg (16.11%), Calcium: 132.71mg (13.27%), Manganese: 0.26mg (13.14%), Phosphorus: 124.85mg (12.49%), Vitamin B1: 0.16mg (10.52%), Vitamin B12: 0.55µg (9.17%), Folate: 32.9µg (8.23%), Selenium: 5.47µg (7.82%), Potassium: 257.6mg (7.36%), Iron: 1.28mg (7.11%), Fiber: 1.6g (6.42%), Vitamin K: 6.6µg (6.29%), Vitamin B3: 1.06mg (5.3%), Magnesium: 19.26mg (4.82%), Vitamin B6: 0.09mg (4.69%), Vitamin B5: 0.45mg (4.48%), Vitamin D: 0.63µg (4.23%), Vitamin A: 208.83IU (4.18%), Zinc: 0.52mg (3.5%), Copper: 0.07mg (3.36%), Vitamin E: 0.3mg (1.97%)