



## Strawberry Shortcake Trifle

 Popular

READY IN



340 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

### Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1.5 cups milk cold
- 4 cups strawberries fresh sliced
- 0.3 cup strawberry jam
- 2 Tbsp sugar
- 1.5 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

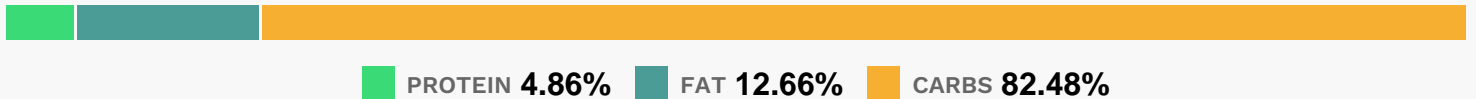
### Equipment

- bowl
- oven
- whisk
- aluminum foil
- cookie cutter

## Directions

- Prepare cake batter and bake as directed on package for 2 (9-inch) round cake layers. Cool cakes in pans 10 min. Invert onto wire racks; gently remove pans. Cool cakes completely. Meanwhile, toss berries with sugar. Refrigerate 30 min.
- Wrap 1 cake in Reynolds Wrap Aluminum Foil; freeze for another use.
- Cut remaining cake horizontally in half; spread bottom layer with jam. Top with remaining cake layer. Use 2-1/2-inch cookie cutter to cut circle from center of cake; set aside.
- Cut remaining cake into 2-inch pieces.
- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Layer half each of the cake pieces, berries (with juices) and pudding mixture in large glass bowl; repeat layers. Top with reserved cake round. Refrigerate 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:25.39, Glycemic Load:9.82, Inflammation Score:-4, Nutrition Score:11.211304503938%

## Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg  
Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol:  
0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg,  
Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin:  
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 418.99kcal (20.95%), Fat: 5.97g (9.19%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 87.57g (29.19%),  
Net Carbohydrates: 85.19g (30.98%), Sugar: 55.66g (61.84%), Cholesterol: 5.77mg (1.92%), Sodium: 557.15mg  
(24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Vitamin C: 43.58mg (52.83%),  
Phosphorus: 294.61mg (29.46%), Calcium: 222.77mg (22.28%), Manganese: 0.42mg (20.95%), Folate: 64.5µg  
(16.12%), Vitamin B2: 0.24mg (14.4%), Vitamin B1: 0.19mg (12.55%), Selenium: 7.46µg (10.66%), Fiber: 2.38g (9.52%),  
Vitamin B3: 1.89mg (9.44%), Iron: 1.65mg (9.17%), Potassium: 246.43mg (7.04%), Magnesium: 23.51mg (5.88%),  
Vitamin E: 0.88mg (5.87%), Copper: 0.11mg (5.28%), Vitamin B12: 0.28µg (4.59%), Vitamin B5: 0.45mg (4.53%),  
Vitamin B6: 0.09mg (4.27%), Zinc: 0.61mg (4.07%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.5µg (3.36%), Vitamin A:  
93.16IU (1.86%)