



Strawberry Trifle

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup rum dark divided
- 0.1 tsp ground nutmeg
- 1 pkg jell-o vanilla flavor pudding french instant (4-serving size)
- 1.3 cups milk cold
- 12 oz round cake prepared
- 3 cups strawberries halved
- 2 cups cool whip whipped topping thawed

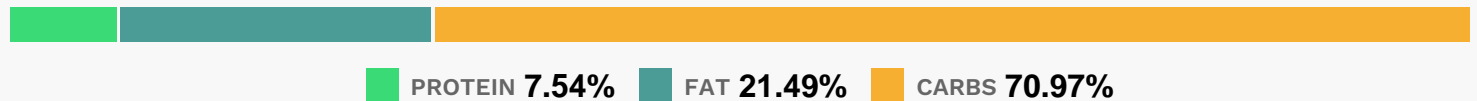
Equipment

- bowl
- whisk

Directions

- Pour milk into large bowl.
- Add dry pudding mix, 2 Tbsp. of the rum and the nutmeg. Beat with wire whisk 2 minutes or until well blended.
- Let stand 5 minutes. Gently stir in whipped topping.
- Cut cake horizontally into 4 layers.
- Sprinkle cake layers evenly with remaining 2 Tbsp. rum; cut into 1-inch cubes.
- Place half of the cake cubes in bottom of 2-1/2-quart straight-sided serving bowl; cover with half of the whipped topping mixture.
- Remove a few of the strawberries and almonds for garnish, if desired.
- Place remaining strawberries over whipped topping mixture in bowl; sprinkle with remaining almonds. Cover with remaining cake cubes and remaining whipped topping mixture. Top with the reserved strawberries and almonds.
- Refrigerate until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:2.2395652143852%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 76.03kcal (3.8%), Fat: 1.73g (2.66%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.11g (10.12%), Cholesterol: 12.89mg (4.3%), Sodium: 98.6mg (4.29%), Alcohol: 0.67g (100%), Alcohol %: 1.81% (100%), Protein: 1.37g (2.73%), Vitamin C: 8.47mg (10.26%), Manganese: 0.1mg (4.91%), Phosphorus: 36.81mg (3.68%), Vitamin B2: 0.06mg (3.61%), Calcium: 28.54mg (2.85%), Vitamin B1: 0.04mg (2.63%), Folate: 9.28µg (2.32%), Iron: 0.4mg (2.25%), Selenium: 1.46µg (2.09%), Vitamin E: 0.3mg (1.97%), Fiber: 0.46g (1.85%), Potassium: 59.89mg (1.71%), Magnesium: 6.78mg (1.69%), Vitamin B3: 0.32mg (1.59%), Vitamin B12: 0.09µg (1.54%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.14%), Vitamin B6: 0.02mg (1.05%)