

Strawberry Trifle

READY IN



228 min.

SERVINGS



16

CALORIES



241 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 2 boxes vanilla pudding instant (4-serving size each)
- 4 cups milk
- 32 oz strawberries light frozen thawed
- 1.5 cups cool whip frozen thawed
- 0.3 cup slivered almonds toasted

Equipment

- bowl

- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Run knife around sides of pan to loosen cake. Cool completely in pan, about 1 hour.
- While cake is cooling, in large bowl, beat pudding mixes into milk with whisk about 2 minutes or until blended.
- Cut or tear cake into 1-inch pieces. In 3 1/2-quart glass trifle bowl, arrange half the pieces, cutting pieces to fit shape of bowl.
- Pour half of the thawed strawberries (with syrup) over cake; spread with 2 cups of the pudding.
- Place remaining cake pieces on pudding and around edge of bowl. Top with remaining strawberries and pudding. Cover; refrigerate at least 2 hours until chilled.
- Spread whipped topping over top of cake.
- Sprinkle with almonds. Store covered in refrigerator up to 12 hours.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:8.6917390927025%

Flavonoids

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Nutrients (% of daily need)

Calories: 240.67kcal (12.03%), Fat: 4.56g (7.01%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 45.03g (16.37%), Sugar: 30.02g (33.36%), Cholesterol: 8.44mg (2.82%), Sodium: 328.95mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin C: 33.34mg (40.41%), Phosphorus: 197.25mg (19.72%), Calcium: 167.6mg (16.76%), Manganese: 0.33mg (16.35%), Vitamin B2: 0.23mg (13.59%), Folate: 38.16µg (9.54%), Vitamin B1: 0.13mg (8.78%), Vitamin B12: 0.43µg (7.22%), Fiber: 1.8g (7.2%), Selenium: 4.55µg (6.5%), Potassium: 220.65mg (6.3%), Vitamin E: 0.91mg (6.1%), Magnesium: 23.36mg (5.84%), Vitamin B3: 1.14mg (5.7%), Iron: 0.94mg (5.2%), Vitamin D: 0.67µg (4.47%), Vitamin B6: 0.08mg (4.19%), Vitamin B5: 0.4mg (4.01%), Copper: 0.08mg (3.76%), Zinc: 0.56mg (3.7%), Vitamin A: 117.95IU (2.36%), Vitamin K: 2.32µg (2.21%)