



Strawberry White Chocolate Trifle

 Gluten Free

READY IN



30 min.

SERVINGS



14

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 6 ounces baking chocolate white melted
- ☐ 14 servings chocolate mousse white (see instructions below)
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups heavy whipping cream
- ☐ 42 ounce lucky leaf® premium strawberry pie filling canned
- ☐ 4 tablespoons sugar
- ☐ 20 sugar cookies
- ☐ 8 ounce non-dairy whipped topping

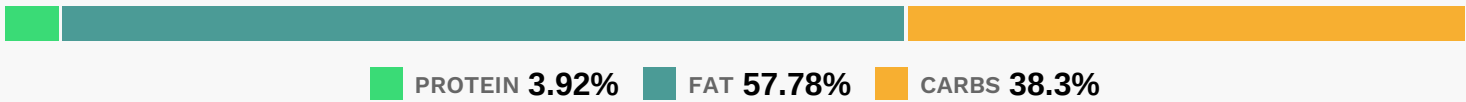
Equipment

☐ bowl

Directions

- ☐ To make mousse, beat cream in a bowl until it thickens. Gradually add sugar, beating until stiff peaks form. Set aside.
- ☐ In another bowl, beat cream cheese until fluffy.
- ☐ Add chocolate and beat until smooth. Fold in whipped cream mixture.
- ☐ Assemble trifle by layering Lucky Leaf Premium Strawberry Pie Filling, broken sugar cookies, white chocolate mousse, and whipped topping in a trifle bowl. Top with dollops of whipped cream. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:8.1043478302334%

Flavonoids

Catechin: 7.82mg, Catechin: 7.82mg, Catechin: 7.82mg, Catechin: 7.82mg Epicatechin: 17.23mg, Epicatechin: 17.23mg, Epicatechin: 17.23mg, Epicatechin: 17.23mg

Nutrients (% of daily need)

Calories: 403.61kcal (20.18%), Fat: 26.66g (41.02%), Saturated Fat: 17.05g (106.55%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 36.74g (13.36%), Sugar: 28.98g (32.2%), Cholesterol: 55.32mg (18.44%), Sodium: 95.58mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.72mg (3.24%), Protein: 4.07g (8.15%), Manganese: 0.51mg (25.43%), Vitamin C: 18.22mg (22.08%), Copper: 0.4mg (20.1%), Vitamin A: 729.65IU (14.59%), Iron: 2.55mg (14.15%), Fiber: 3.01g (12.06%), Magnesium: 44.82mg (11.21%), Phosphorus: 99.4mg (9.94%), Zinc: 1.36mg (9.04%), Calcium: 83.95mg (8.4%), Vitamin B2: 0.13mg (7.74%), Selenium: 3.86µg (5.51%), Potassium: 173.85mg (4.97%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.54µg (3.63%), Vitamin K: 3.22µg (3.06%), Vitamin B1: 0.03mg (2.15%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.21mg (2.06%), Folate: 6.78µg (1.69%), Vitamin B6: 0.03mg (1.4%), Vitamin B3: 0.22mg (1.12%)