



Summer Berry Trifle

 Gluten Free

READY IN



100 min.

SERVINGS



40

CALORIES



91 kcal

Ingredients

- 2 cups poached berries mixed fresh halved (blueberries, raspberries, strawberries)
- 8 oz philadelphia cream cheese softened
- 40 servings ice cubes
- 3.4 oz jell-o cheesecake flavor pudding instant
- 1.3 cups milk cold divided
- 12 oz round cake cubed prepared
- 6 oz jell-o strawberry flavor gelatin
- 0.5 cup water cold
- 1 cup water boiling

8 oz cool whip whipped topping thawed

Equipment

bowl

whisk

Directions

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.

Add enough ice to cold water to measure 1 cup.

Add to gelatin; stir until ice is completely melted.

Let stand 15 min. or until thickened. Stir in berries.

Beat cream cheese in large bowl with whisk until creamy. Gradually beat in 1/4 cup milk.

Add remaining milk and dry pudding mix; beat 2 min. Stir in COOL WHIP.

Place half the cake cubes in large serving bowl; top with half the pudding mixture. Cover with layers of gelatin mixture, remaining cake cubes and remaining pudding mixture. Refrigerate 1 hour.

Nutrition Facts



PROTEIN 6.91% **FAT 31.42%** **CARBS 61.67%**

Properties

Glycemic Index:1.63, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.4721739156091%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg, Malvidin: 3.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 91.22kcal (4.56%), Fat: 3.22g (4.95%), Saturated Fat: 2g (12.5%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.95g (5.07%), Sugar: 11.21g (12.45%), Cholesterol: 15.43mg (5.14%), Sodium: 134.28mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Phosphorus: 36.46mg (3.65%), Vitamin B2: 0.06mg (3.3%), Calcium: 27.55mg (2.76%), Selenium: 1.84µg (2.62%), Vitamin A: 109.36IU (2.19%), Vitamin B1: 0.03mg (2%), Manganese: 0.03mg (1.53%), Vitamin K: 1.61µg (1.53%), Iron: 0.26mg (1.46%), Vitamin B12: 0.09µg (1.42%), Folate: 5.35µg (1.34%), Copper: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.12%), Vitamin B3: 0.22mg (1.12%), Potassium: 37.55mg (1.07%), Fiber: 0.25g (1.01%)