



Summer Fruit Trifle

READY IN

ready

15 min.

SERVINGS

servings

10

CALORIES

calories

113 kcal

Ingredients

- ☐ 10 inch angel food cake prepared cut into 1 inch cubes
- ☐ 2 cups blueberries fresh rinsed
- ☐ 2 cups strawberries fresh sliced
- ☐ 32 fluid ounce vanilla yogurt

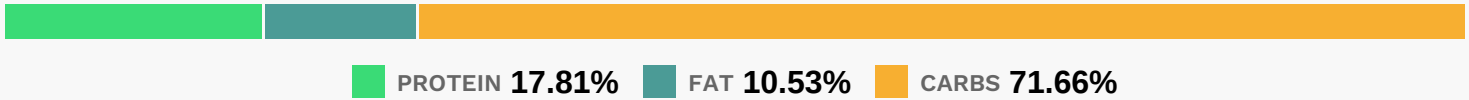
Equipment

- ☐ bowl

Directions

- ☐
- Cover the bottom of a large bowl with 1/3 of the angel food cake cubes. Generously cover the cake with 1 1/3 cups yogurt.
- ☐
- Spread 1 1/3 cups of the strawberry slices and blueberries on top of the yogurt. Repeat twice with the remaining cake cubes, yogurt, and berries.
- ☐
- Serve immediately or chill until needed.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:2.09, Inflammation Score:-3, Nutrition Score:6.6360869822295%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg, Peonidin: 6.02mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 113.05kcal (5.65%), Fat: 1.37g (2.11%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 19.76g (7.19%), Sugar: 18.19g (20.21%), Cholesterol: 4.73mg (1.58%), Sodium: 76.02mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin C: 20.56mg (24.92%), Calcium: 170.32mg (17.03%), Phosphorus: 144.1mg (14.41%), Vitamin B2: 0.21mg (12.55%), Manganese: 0.22mg (10.8%), Vitamin B12: 0.5µg (8.37%), Potassium: 277.51mg (7.93%), Selenium: 5.17µg (7.39%), Vitamin K: 6.44µg (6.14%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.88mg (5.84%), Magnesium: 20.86mg (5.22%), Fiber: 1.29g (5.17%), Folate: 19.43µg (4.86%), Vitamin B1: 0.06mg (3.97%), Vitamin B6: 0.07mg (3.58%), Copper: 0.04mg (2.24%), Vitamin E: 0.27mg (1.81%), Vitamin B3: 0.34mg (1.7%), Iron: 0.27mg (1.52%), Vitamin A: 60.13IU (1.2%)