



Super Strawberry Trifle

READY IN



290 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- 1 angel food cake prepared
- 6.8 ounce vanilla pudding mix instant
- 3 cups milk cold
- 4 cups strawberries fresh sliced
- 0.7 cup strawberry jam
- 3 cups non-dairy whipped topping frozen thawed cool whip® (such as)
- 2 tablespoons sugar white

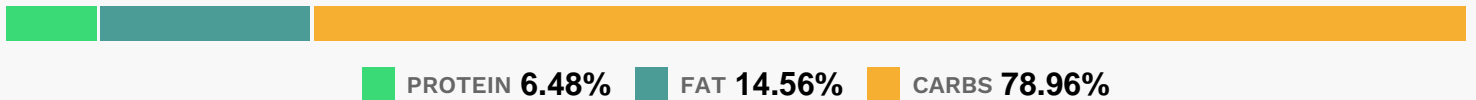
Equipment

- bowl
- whisk
- plastic wrap

Directions

- Toss strawberries and sugar together in a bowl; refrigerate for 30 minutes.
- Beat milk and pudding mix together in a bowl with a whisk for about 2 minutes; fold whipped topping into the pudding mixture.
- Slice angel food cake horizontally into 3 layers.
- Spread strawberry jam onto cut side of 1 layer putting it together with one of the remaining layers; cut into 2 inch pieces.
- Spread jam onto the remaining layer and also cut into 2-inch pieces; sandwich pieces together.
- Layer about half the cake pieces into the bottom of a trifle bowl; top with a layer of about half the strawberries.
- Spread a layer of the pudding mixture atop the strawberries. Repeat layering. Top with blueberries.
- Cover bowl with plastic wrap and refrigerate for 4 hours.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:15.92, Inflammation Score:-4, Nutrition Score:10.06217395741%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg

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Nutrients (% of daily need)

Calories: 431.81kcal (21.59%), Fat: 7.08g (10.89%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 84.45g (30.71%), Sugar: 63.38g (70.42%), Cholesterol: 11.54mg (3.85%), Sodium: 435.03mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Vitamin C: 44.83mg (54.34%), Phosphorus: 234.97mg (23.5%), Calcium: 186.64mg (18.66%), Manganese: 0.32mg (16.09%), Vitamin B2: 0.27mg (15.88%), Selenium: 10.01µg (14.29%), Potassium: 359.89mg (10.28%), Vitamin B12: 0.56µg (9.38%), Fiber: 1.98g (7.92%), Vitamin B1: 0.11mg (7.34%), Vitamin D: 1.01µg (6.71%), Magnesium: 26.84mg (6.71%), Folate: 26.77µg (6.69%), Vitamin B6: 0.1mg (5.15%), Copper: 0.1mg (5.04%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.58mg (3.88%), Vitamin A: 177.68IU (3.55%), Iron: 0.58mg (3.23%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.8µg (2.67%), Vitamin B3: 0.48mg (2.39%)