



Super Strawberry Trifle

READY IN

ready

290 min.

SERVINGS

servings

8

CALORIES

calories

437 kcal

DESSERT

Ingredients

- ☐ 1 angel food cake prepared
- ☐ 0.5 cup blueberries
- ☐ 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

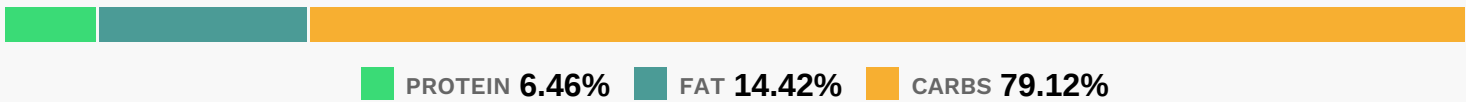
Equipment

- ☐ 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:30.39, Glycemic Load:16.37, Inflammation Score:-4, Nutrition Score:10.403478290724%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 3mg, Petunidin: 3mg, Petunidin: 3mg, Petunidin: 3mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg, Peonidin: 1.91mg

Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 437.08kcal (21.85%), Fat: 7.11g (10.94%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 87.77g (29.26%), Net Carbohydrates: 85.57g (31.11%), Sugar: 64.3g (71.44%), Cholesterol: 11.54mg (3.85%), Sodium: 435.12mg (18.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Vitamin C: 45.73mg (55.43%), Phosphorus: 236.08mg (23.61%), Calcium: 187.19mg (18.72%), Manganese: 0.35mg (17.64%), Vitamin B2: 0.27mg (16.11%), Selenium: 10.01µg (14.31%), Potassium: 367.01mg (10.49%), Vitamin B12: 0.56µg (9.38%), Fiber: 2.2g (8.81%), Vitamin B1: 0.11mg (7.57%), Magnesium: 27.4mg (6.85%), Folate: 27.32µg (6.83%), Vitamin D: 1.01µg (6.71%), Vitamin B6: 0.11mg (5.39%), Copper: 0.11mg (5.3%), Vitamin B5: 0.5mg (4.95%), Vitamin K: 4.59µg (4.37%), Zinc: 0.6mg (3.97%), Vitamin A: 182.68IU (3.65%), Iron: 0.61mg (3.37%), Vitamin E: 0.49mg (3.24%), Vitamin B3: 0.52mg (2.58%)