



Sweet Potato Trifle

READY IN



100 min.

SERVINGS



12

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake cut into 1-inch cubes
- ☐ 3 tablespoons coconut flakes flaked toasted
- ☐ 5 oz evaporated milk fat-free canned
- ☐ 1 tablespoon pecans toasted chopped
- ☐ 1 Dash salt
- ☐ 0.5 cup cream sour
- ☐ 0.8 cup sugar
- ☐ 30 oz sweet potatoes and into mashed drained canned
- ☐ 0.5 teaspoon vanilla

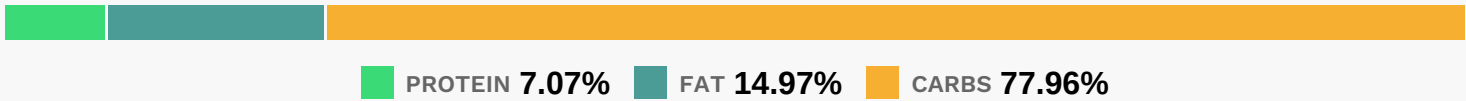
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. In 15x10x1-inch pan, place cake cubes in single layer.
- ☐ Bake 15 minutes, turning once, until toasted.
- ☐ In large bowl, beat cream cheese, 1/2 cup of the sugar and the sour cream with electric mixer on medium speed until well blended. Gradually add milk, beating until smooth.
- ☐ In medium bowl, beat sweet potatoes, vanilla, salt and remaining 1/4 cup sugar with electric mixer on medium speed until smooth.
- ☐ In trifle bowl or 3-quart glass bowl, layer one-third of the cake cubes and sour cream mixture. Top with half of the sweet potato mixture and 1 tablespoon coconut. Repeat layers once. Top with remaining cake cubes, sour cream mixture, coconut and the pecans. Repeat layers once.
- ☐ Sprinkle with remaining 1 tablespoon coconut and the pecans. Cover; refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:15.77, Inflammation Score:-10, Nutrition Score:10.225217441502%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.63kcal (12.78%), Fat: 4.35g (6.69%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 48.47g (17.63%), Sugar: 28.63g (31.81%), Cholesterol: 9.08mg (3.03%), Sodium: 251.46mg (10.93%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 4.62g (9.24%), Vitamin A: 10143.27IU (202.87%), Phosphorus: 157.16mg (15.72%), Manganese: 0.28mg (14.06%), Selenium: 7.17µg (10.25%), Vitamin B2: 0.17mg (10.02%), Potassium: 348.35mg (9.95%), Fiber: 2.49g (9.94%), Calcium: 94.58mg (9.46%), Vitamin B6: 0.17mg (8.27%), Copper: 0.16mg (7.86%), Vitamin B5: 0.73mg (7.33%), Magnesium: 26.69mg (6.67%), Vitamin B1: 0.1mg (6.47%), Folate: 14.53µg (3.63%), Iron: 0.62mg (3.43%), Zinc: 0.45mg (2.99%), Vitamin B3: 0.5mg (2.51%), Vitamin C: 2.04mg (2.47%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.56µg (1.49%)