



Sweet Potato Trifle

READY IN



45 min.

SERVINGS



12

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake cut into (1-inch) cubes
- ☐ 8 ounce cream cheese softened
- ☐ 5 ounce evaporated milk fat-free canned
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 tablespoon pecans toasted chopped
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar divided
- ☐ 30 ounce sweet potatoes and into cooked peeled mashed drained canned
- ☐ 3 tablespoons coconut sweetened divided flaked toasted

- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 ounce cool whip fat-free frozen thawed

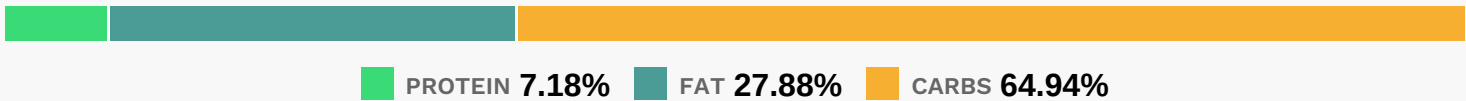
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Arrange cake cubes in a single layer on a jelly roll pan.
- ☐ Bake at 350 for 15 minutes or until toasted, turning once.
- ☐ Place 1/2 cup sugar, sour cream, and cream cheese in a large bowl; beat with a mixer at medium speed until well combined. Gradually add milk, beating until smooth.
- ☐ Add toasted cake cubes; fold gently to combine.
- ☐ Place remaining 1/4 cup sugar, vanilla, salt, and sweet potatoes in a large bowl, and beat with a mixer at medium speed until smooth.
- ☐ Spoon half of cake mixture into a trifle dish or 3-quart glass bowl; top with half of sweet potato mixture.
- ☐ Sprinkle 1 tablespoon coconut over sweet potato mixture; top with half of whipped topping. Repeat layers; sprinkle with remaining 1 tablespoon coconut and pecans. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:16.05, Inflammation Score:-10, Nutrition Score:11.938260859121%

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: 352.61kcal (17.63%), Fat: 11.18g (17.2%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 58.58g (19.53%), Net Carbohydrates: 55.86g (20.31%), Sugar: 33.32g (37.02%), Cholesterol: 28.89mg (9.63%), Sodium: 339.47mg (14.76%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 6.48g (12.96%), Vitamin A: 10401.9IU (208.04%), Vitamin B2: 0.33mg (19.15%), Phosphorus: 190.88mg (19.09%), Manganese: 0.28mg (14.16%), Selenium: 9.67µg (13.82%), Calcium: 137.24mg (13.72%), Potassium: 408.6mg (11.67%), Fiber: 2.72g (10.89%), Vitamin B6: 0.19mg (9.73%), Vitamin B1: 0.13mg (8.74%), Copper: 0.17mg (8.25%), Vitamin B5: 0.8mg (8.04%), Magnesium: 30.66mg (7.67%), Vitamin B12: 0.39µg (6.53%), Folate: 19.92µg (4.98%), Zinc: 0.62mg (4.13%), Iron: 0.66mg (3.66%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.43mg (2.85%), Vitamin C: 2.02mg (2.45%), Vitamin K: 1.92µg (1.82%)