

Three-Berry Lemon Trifle

READY IN



25 min.

SERVINGS



16

CALORIES



209 kcal

Ingredients

- 16 ounces angel food cake prepared cut into 1-inch cubes
- 1 cup blueberries fresh
- 8 ounces optional: lemon fat-free reduced-sugar
- 0.3 cup juice of lemon
- 2 teaspoons lemon zest grated
- 1 cup raspberries fresh
- 2 tablespoons slivered almonds toasted
- 1 cup strawberries fresh sliced
- 14 ounces condensed milk fat-free sweetened canned
- 8 ounces non-dairy whipped topping divided thawed reduced-fat

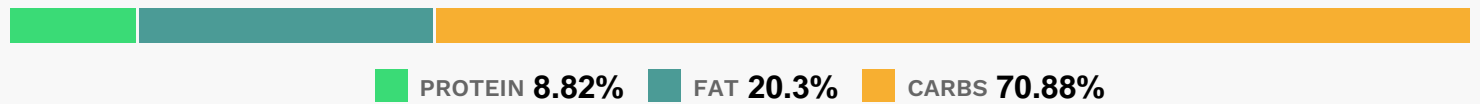
Equipment

bowl

Directions

- In a large bowl, combine the milk, yogurt, lemon juice and peel. Fold in 2 cups whipped topping.
- In a 3-qt. trifle bowl or deep salad bowl, layer a third of the cake cubes, a third of the lemon mixture and all of the strawberries. Repeat cake and lemon mixture layers. Top with blueberries and remaining cake cubes and lemon mixture.
- Sprinkle with raspberries.
- Spread remaining whipped topping over berries; sprinkle with almonds. Cover and refrigerate for at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:12.66, Glycemic Load:9.24, Inflammation Score:-3, Nutrition Score:5.7465217048707%

Flavonoids

Cyanidin: 4.4mg, Cyanidin: 4.4mg, Cyanidin: 4.4mg, Cyanidin: 4.4mg Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 3.28mg, Eriodictyol: 3.28mg, Eriodictyol: 3.28mg, Eriodictyol: 3.28mg Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin:

1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 208.87kcal (10.44%), Fat: 4.89g (7.52%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 36.85g (13.4%), Sugar: 27.73g (30.81%), Cholesterol: 8.72mg (2.91%), Sodium: 187.19mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Vitamin C: 18.6mg (22.55%), Phosphorus: 153.18mg (15.32%), Selenium: 8.52µg (12.18%), Calcium: 115.88mg (11.59%), Vitamin B2: 0.19mg (11.42%), Manganese: 0.17mg (8.44%), Fiber: 1.54g (6.16%), Potassium: 211.2mg (6.03%), Magnesium: 17.94mg (4.48%), Vitamin B1: 0.06mg (4.25%), Vitamin E: 0.61mg (4.05%), Folate: 14.29µg (3.57%), Vitamin K: 3.2µg (3.05%), Vitamin B5: 0.3mg (3.05%), Copper: 0.06mg (3%), Zinc: 0.39mg (2.63%), Vitamin B12: 0.15µg (2.43%), Vitamin B6: 0.05mg (2.29%), Iron: 0.38mg (2.1%), Vitamin A: 88.83IU (1.78%), Vitamin B3: 0.29mg (1.47%)