



Three-Berry Trifle

READY IN



170 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons powdered sugar
- ☐ 2 cups raspberries
- ☐ 2 cups strawberries halved
- ☐ 1 cup whipping cream
- ☐ 1 box cake mix white

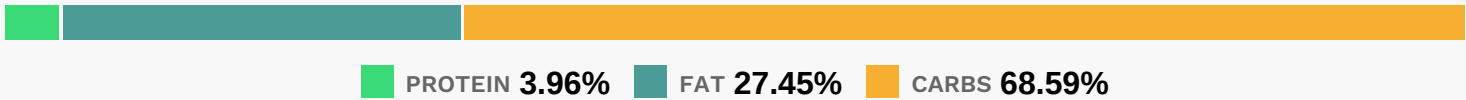
Equipment

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

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour.
- ☐ While cake is cooling, in medium bowl, gently mix berries, granulated sugar and raspberry liqueur.
- ☐ In chilled large bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form.
- ☐ Cut or tear cake into 1-inch pieces. In 3-quart glass trifle bowl, arrange half the pieces. Spoon half of the berry mixture over cake; top with half of the whipped cream. Repeat layers. Cover; refrigerate at least 1 hour before serving.
- ☐ Garnish with additional berries if desired. Store covered in refrigerator up to 12 hours.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:6.26, Inflammation Score:-5, Nutrition Score:7.8134782521621%

Flavonoids

Cyanidin: 11.64mg, Cyanidin: 11.64mg, Cyanidin: 11.64mg, Cyanidin: 11.64mg Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 6.16mg, Pelargonidin: 6.16mg, Pelargonidin: 6.16mg, Pelargonidin: 6.16mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin:

0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 288.84kcal (14.44%), Fat: 9.06g (13.93%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 48.06g (17.48%), Sugar: 30.71g (34.12%), Cholesterol: 22.41mg (7.47%), Sodium: 304.8mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin C: 22.35mg (27.1%), Manganese: 0.4mg (19.92%), Phosphorus: 171.9mg (17.19%), Calcium: 118.25mg (11.83%), Fiber: 2.85g (11.4%), Folate: 42.44µg (10.61%), Vitamin B2: 0.16mg (9.18%), Vitamin K: 8.92µg (8.49%), Vitamin B1: 0.12mg (7.95%), Vitamin B3: 1.36mg (6.8%), Vitamin E: 1mg (6.7%), Iron: 1.18mg (6.57%), Selenium: 4.51µg (6.44%), Vitamin A: 316.72IU (6.33%), Copper: 0.08mg (4.2%), Potassium: 135.66mg (3.88%), Magnesium: 15.44mg (3.86%), Vitamin B5: 0.3mg (3.04%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.41mg (2.73%), Vitamin D: 0.32µg (2.12%)