



Tropical Fruit and Cake Trifle

READY IN



45 min.

SERVINGS



16

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 0.5 cup coconut or shredded
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 teaspoon cream of tartar
- ☐ 12 large egg whites store-bought (or)
- ☐ 8 cups strawberries such as mango, papaya, kiwi, strawberries, banana, cut into 1-inch pieces
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.5 cup jam
- ☐ 0.1 teaspoon salt

- ☐ 1.5 cups sugar divided
- ☐ 3.4 ounces vanilla pudding

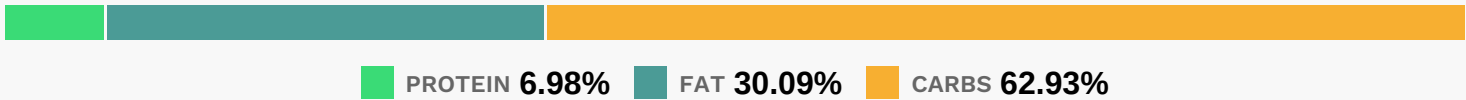
Equipment

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

Directions

- ☐ Make pudding as directed on package.
- ☐ Heat oven to 350°. Line a 13" x 17" baking pan with parchment paper; coat with cooking spray. In a bowl, combine 3/4 cup sugar, flour and salt. In another bowl, beat egg whites with an electric mixer until foamy.
- ☐ Add cream of tartar; beat until soft peaks form. Slowly add remaining 3/4 cup sugar, beating until mixture is thick and shiny. Fold flour mixture into egg mixture in four batches; spread batter in pan.
- ☐ Layer 1/3 cake squares, 1/3 fruit and 1/3 pudding mixture; repeat twice. Top with remaining 1/4 cup whipped cream and 1/4 cup coconut.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:7.0447826074517%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg 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 Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 274.07kcal (13.7%), Fat: 9.37g (14.42%), Saturated Fat: 5.91g (36.94%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 42.09g (15.31%), Sugar: 33.19g (36.88%), Cholesterol: 25.21mg (8.4%), Sodium: 108.56mg (4.72%), Alcohol: 0.05g (100%), Alcohol %: 0.04% (100%), Protein: 4.89g (9.78%), Vitamin C: 43.49mg (52.71%), Manganese: 0.39mg (19.32%), Selenium: 9.64µg (13.77%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.01g (8.02%), Vitamin A: 336.79IU (6.74%), Potassium: 213.87mg (6.11%), Folate: 23.56µg (5.89%), Phosphorus: 46.49mg (4.65%), Magnesium: 16.84mg (4.21%), Copper: 0.08mg (4.07%), Calcium: 32.15mg (3.22%), Vitamin E: 0.46mg (3.09%), Iron: 0.54mg (2.99%), Vitamin B6: 0.05mg (2.46%), Vitamin D: 0.36µg (2.38%), Vitamin B5: 0.24mg (2.38%), Vitamin K: 2.33µg (2.22%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.41mg (2.07%), Zinc: 0.27mg (1.77%)