



Tropical Fruit Trifle

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



71 kcal

Ingredients

- 1 pkg jell-o coconut cream flavor pudding instant (4-serving size)
- 0.3 cup baker's angel flake coconut toasted
- 3 cups cut-up tropical fruit fresh assorted (papaya, pineapple and kiwi)
- 1.3 cups milk cold
- 10.8 oz round cake frozen thawed prepared cut into 3/4-inch cubes
- 8 oz cool whip whipped topping divided thawed

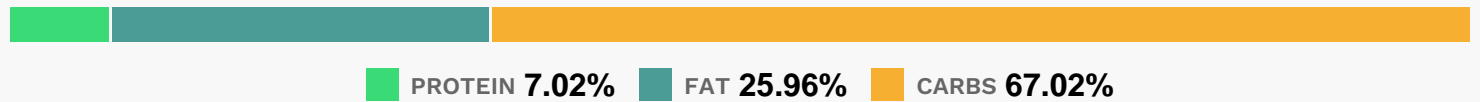
Equipment

- bowl
- whisk

Directions

- Add milk to dry pudding mix in large bowl. Beat with wire whisk 2 min. or until well blended. Gently stir in 2 cups of the whipped topping.
- Place half of the cake cubes in bottom of 2-1/2-qt. straight-sided serving bowl. Spoon half of the pudding mixture over cake cubes; top with half of the fruit. Repeat layers. Top with remaining 1 cup whipped topping and the coconut.
- Serve immediately. Or, cover and refrigerate until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.6352173958136%

Nutrients (% of daily need)

Calories: 70.79kcal (3.54%), Fat: 2.08g (3.2%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.55g (4.2%), Sugar: 8.72g (9.69%), Cholesterol: 11.73mg (3.91%), Sodium: 74.04mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Phosphorus: 34.12mg (3.41%), Vitamin B2: 0.05mg (3.21%), Calcium: 26.36mg (2.64%), Manganese: 0.05mg (2.4%), Vitamin B1: 0.04mg (2.34%), Vitamin A: 109.28IU (2.19%), Fiber: 0.55g (2.18%), Iron: 0.38mg (2.12%), Selenium: 1.43µg (2.04%), Potassium: 57.99mg (1.66%), Vitamin B12: 0.09µg (1.57%), Vitamin B3: 0.31mg (1.56%), Copper: 0.03mg (1.53%), Folate: 5.55µg (1.39%), Vitamin K: 1.39µg (1.32%), Magnesium: 4.7mg (1.17%), Vitamin B5: 0.1mg (1.02%)