



## Vanilla-Berry Trifle in a Cloud

READY IN



195 min.

SERVINGS



15

CALORIES



201 kcal

### Ingredients

- 2 cups poached berries mixed fresh sliced (blueberries, raspberries, strawberries)
- 6.8 oz jell-o vanilla flavor pudding instant
- 3.5 cups milk cold
- 40 vanilla wafers divided
- 8 oz cool whip whipped topping thawed

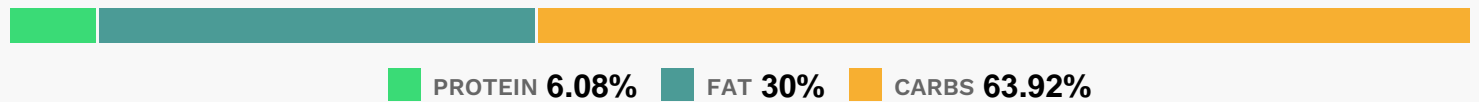
### Equipment

- bowl
- whisk

## Directions

- Use back of spoon to spread COOL WHIP onto bottom and up side of 2-1/2-qt. trifle dish or clear glass serving bowl. Gently press 16 wafers into COOL WHIP around side of bowl.
- Beat pudding mixes and milk with whisk 2 min. Spoon half into prepared trifle dish; top with layers of half each of the remaining wafers and berries. Repeat layers.
- Refrigerate 3 hours or until wafers begin to soften.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:9.84, Inflammation Score:-1, Nutrition Score:3.3573913276196%

## Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 201.2kcal (10.06%), Fat: 6.77g (10.42%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 31.6g (11.49%), Sugar: 23.31g (25.9%), Cholesterol: 7.29mg (2.43%), Sodium: 178.66mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Calcium: 83.06mg (8.31%), Vitamin B2: 0.14mg (8.13%), Phosphorus: 77.94mg (7.79%), Vitamin B1: 0.11mg (7.25%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.63µg (4.18%), Folate: 15.98µg (4%), Vitamin K: 4.04µg (3.85%), Potassium: 127.84mg (3.65%), Fiber: 0.86g (3.44%), Vitamin B3: 0.6mg (2.99%), Vitamin B6: 0.05mg (2.5%), Vitamin B5: 0.24mg (2.38%), Selenium: 1.58µg (2.26%), Vitamin A: 112.93IU (2.26%), Magnesium: 8.92mg (2.23%), Zinc: 0.27mg (1.77%), Manganese: 0.03mg (1.68%), Vitamin E: 0.2mg (1.36%)