



Vanilla-Berry Trifle in a Cloud

READY IN



195 min.

SERVINGS



16

CALORIES



189 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

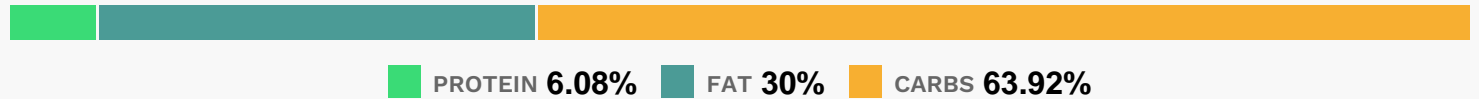
Equipment

- 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:7.19, Glycemic Load:9.23, Inflammation Score:-1, Nutrition Score:3.1473912972471%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 188.62kcal (9.43%), Fat: 6.35g (9.76%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 29.63g (10.77%), Sugar: 21.85g (24.28%), Cholesterol: 6.84mg (2.28%), Sodium: 167.49mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Calcium: 77.87mg (7.79%), Vitamin B2: 0.13mg (7.63%), Phosphorus: 73.07mg (7.31%), Vitamin B1: 0.1mg (6.79%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.59µg (3.91%), Folate: 14.98µg (3.75%), Vitamin K: 3.79µg (3.61%), Potassium: 119.85mg (3.42%), Fiber: 0.81g (3.22%), Vitamin B3: 0.56mg (2.81%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.22mg (2.23%), Selenium: 1.48µg (2.12%), Vitamin A: 105.87IU (2.12%), Magnesium: 8.37mg (2.09%), Zinc: 0.25mg (1.66%), Manganese: 0.03mg (1.58%), Vitamin E: 0.19mg (1.27%)