



White Chocolate-Raspberry Trifle Cake

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



169 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white melted
- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 10.5 oz round cake frozen thawed prepared cut into 30 thin slices
- 0.5 cup raspberries fresh
- 0.3 cup raspberry jam warmed
- 2 cups cool whip whipped topping divided thawed

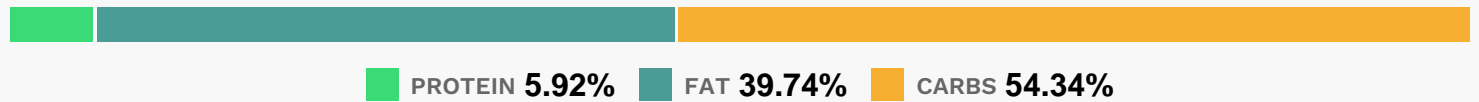
Equipment

- bowl
- frying pan
- whisk
- blender
- plastic wrap

Directions

- Line 9-inch round pan with plastic wrap. Beat cream cheese and chocolate in large bowl with mixer until blended. Gradually beat in milk.
- Add dry pudding mix; beat 2 min.
- Whisk in 1 cup COOL WHIP.
- Arrange 10 cake slices on bottom of prepared pan; brush with half the jam. Cover with half the pudding mixture. Repeat all layers. Top with remaining cake.
- Refrigerate 3 hours. Invert cake onto plate; remove plastic wrap. Top cake with remaining COOL WHIP and berries just before serving.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:2.6186956478202%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 169.17kcal (8.46%), Fat: 7.54g (11.6%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 22.84g (8.3%), Sugar: 17.61g (19.56%), Cholesterol: 29.44mg (9.81%), Sodium: 175.46mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin B2: 0.11mg (6.51%), Phosphorus: 62.15mg (6.21%), Calcium: 54.87mg (5.49%), Selenium: 3.13µg (4.47%), Vitamin A: 203.22IU (4.06%), Vitamin B1: 0.05mg (3.49%), Vitamin B12: 0.17µg (2.89%), Manganese: 0.06mg (2.78%), Iron: 0.48mg (2.69%), Folate: 9.74µg (2.43%), Potassium: 80.56mg (2.3%), Vitamin B5: 0.23mg (2.26%), Vitamin B3: 0.38mg (1.9%), Vitamin E: 0.26mg (1.75%), Zinc: 0.25mg (1.65%), Magnesium: 6.16mg (1.54%), Vitamin C: 1.19mg (1.44%), Vitamin B6: 0.03mg (1.44%), Fiber: 0.36g (1.43%), Vitamin K: 1.29µg (1.23%), Copper: 0.02mg (1.18%), Vitamin D: 0.16µg (1.09%)