

# Eggnog-Gingersnap Trifle

Publix Aprons

## Servings: 12

1 box (5-1/2 ounce) J-ELLO  
instant vanilla pudding and pie filling  
3 cups eggnog  
16 ounces frozen whipped topping,  
thawed  
1 16 ounce frozen family-size all-  
butter pound cake  
15 gingersnap cookies, finely crushed  
1/4 cup praline candied pecans  
(optional), finely chopped

## Preparation Time: 10 minutes

Whisk the pudding mix and eggnog for 2 minutes or until well blended. Chill the pudding for 30 minutes to thicken.

Set the whipped topping and pound cake out to thaw. (Slice the pound cake to promote quick thawing.)

Crumble the cake (four cups). Crush the cookies (reserve two tablespoons). Chop the pecans (if using).

Assemble the trifle in this order: One half of the cake crumbs, one-half of the cookie crumbs, one-half of the pudding mixture, and one-half of the whipped topping. Repeat the layers. Top with the pecans (if using) and the reserved two tablespoons of cookie crumbs.

Chill for one hour (or overnight). Serve.

Start to Finish Time: 1 hour 45 minutes

*If eggnog is not available, substitute three cups of half-and-half plus two tablespoons of nutmeg and two tablespoons of rum extract.*

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Per Serving (excluding unknown items): 121 Calories; 6g Fat (41.0% calories from fat); 3g Protein; 15g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 95mg Sodium. Exchanges: 1 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	121	Vitamin B6 (mg):	trace
% Calories from Fat:	41.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	trace

<b>% Calories from Protein:</b>	9.4%
<b>Total Fat (g):</b>	6g
<b>Saturated Fat (g):</b>	3g
<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	37mg
<b>Carbohydrate (g):</b>	15g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	95mg
<b>Potassium (mg):</b>	135mg
<b>Calcium (mg):</b>	89mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	72IU
<b>Vitamin A (r.e.):</b>	21 1/2RE

<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	7mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n.n%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	1

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 121 Calories from Fat: 50

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#### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 3g	15%
<b>Cholesterol</b> 37mg	12%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber trace	1%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	9%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.