

Mango-Raspberry Trifle

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Servings: 12

2 packages (2.75 ounce ea) vanilla pudding and pie filling (not instant)
4 cups 2% milk
1 container (6 ounce) low-fat mango Greek yogurt
6 cups angel food cake cubes (from a ten-ounce cake)
4 ripe mangoes, peeled and cut into 1/2-inch dice
2 containers (6 ounce) raspberries
1 cup heavy cream
1 tablespoon sugar
1/2 teaspoon vanilla extract
1/3 cup toasted sliced almonds

Preparation Time: 20 minutes

Cook Time: 6 minutes

Cook the pudding with milk according to package directions, 4 to 6 minutes. Cool for 30 minutes in the refrigerator. Stir in the yogurt.

In a 14- to 16-cup footed glass trifle dish, layer two cups of the cake cubes, one-third of the pudding mixture, one-third of the mangoes and one-third of the raspberries. Repeat the layering twice. Cover and refrigerate overnight.

In a bowl, whip the cream, sugar and vanilla until soft peaks form. Swirl over the top of the trifle. Top with almonds.

Per Serving (excluding unknown items): 113 Calories; 9g Fat (69.7% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 48mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	trace
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	19.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	5mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1
Cholesterol (mg):	33mg	% Refuse:	0 0%

Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	48mg
Potassium (mg):	141mg
Calcium (mg):	112mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	459IU
Vitamin A (r.e.):	130RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 113 Calories from Fat: 79

% Daily Values*

Total Fat 9g	14%
Saturated Fat 6g	28%
Cholesterol 33mg	11%
Sodium 48mg	2%
Total Carbohydrates 6g	2%
Dietary Fiber trace	0%
Protein 3g	

Vitamin A	9%
Vitamin C	2%
Calcium	11%
Iron	0%

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