



## Ambrosia Cake

READY IN



26 min.

SERVINGS



10

CALORIES



296 kcal

### Ingredients

- 12 ounce angel food cake store-bought
- 0.5 cup apricot preserves sugar free (recommended: Smucker's)
- 8 ounce pineapple drained cut in 1/2 (recommended: dole) canned
- 0.3 cup cherries frozen
- 1 cup coconut or plain shredded toasted
- 0.5 cup vanilla yogurt fat free
- 1 cup grapes seedless sliced in 1/2
- 11 ounce mandarin orange segments drained canned (recommended: Dole)
- 8.3 ounce peaches drained cut in 1/2 (recommended: - s and w) canned
- 16 ounce lite whipped topping divided (recommended: Cool Whip Lite)

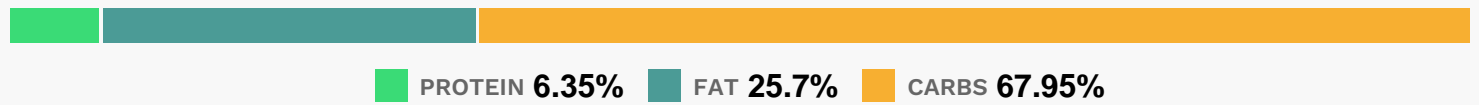
# Equipment

bowl

# Directions

- Cut the cake horizontally into thirds and place the bottom layer on a serving plate. In a small bowl add the yogurt and a 1/2 cup of whipped topping and mix well to blend.
- Spread on the bottom layer and top with the sliced grapes.
- Add the middle layer and spread with the preserves and cover with the orange segments.
- Put the last layer on top and frost entire cake with remaining whipped topping. Toss 1 cup coconut with the toasted coconut and press into sides of cake. Arrange pineapple and cherries on top.
- Refrigerate until ready to serve.
- Serve at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:16.02, Glycemic Load:3.67, Inflammation Score:-4, Nutrition Score:6.3639130385026%

# Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg, Hesperetin: 2.48mg Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 296.33kcal (14.82%), Fat: 9g (18.84%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 53.54g (17.85%), Net Carbohydrates: 51.06g (18.57%), Sugar: 39.43g (43.81%), Cholesterol: 1.15mg (0.38%), Sodium: 219.4mg (9.54%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Phosphorus: 153.83mg (15.38%), Vitamin C: 12.49mg (15.14%), Selenium: 8.66µg (12.36%), Calcium: 99.59mg (9.96%), Fiber: 2.48g (9.93%), Vitamin B2: 0.16mg (9.49%), Manganese: 0.19mg (9.26%), Potassium: 296.63mg (8.48%), Copper: 0.14mg (7.17%), Vitamin A: 347.16IU (6.94%), Vitamin B1: 0.1mg (6.84%), Magnesium: 21.31mg (5.33%), Vitamin K: 4.77µg (4.55%), Folate: 17.94µg (4.49%), Vitamin B6: 0.08mg (4.2%), Vitamin E: 0.54mg (3.57%), Iron: 0.63mg (3.49%), Vitamin B3: 0.56mg (2.79%), Vitamin B12: 0.16µg (2.64%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.18mg (1.79%)