



Angel Cake with Winter-Fruit Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

DESSERT

Ingredients

- 6 slices angel food cake 1-inch-thick ()
- 2 tablespoons brown sugar
- 1.5 cups fruit mixed dried chopped
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 1 cup orange juice unsweetened
- 0.8 cup vanilla ice milk

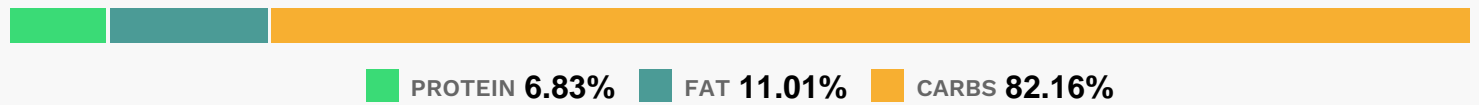
Equipment

sauce pan

Directions

- Combine first 5 ingredients in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- Remove from heat; uncover, and let stand 30 minutes.
- Spoon 1/4 cup fruit sauce over each cake slice; top each with 2 tablespoons ice milk.
- Garnish with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:6.18, Inflammation Score:-3, Nutrition Score:4.6247826179732%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 165.45kcal (8.27%), Fat: 2.09g (3.22%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 33.77g (12.28%), Sugar: 24.2g (26.88%), Cholesterol: 7.26mg (2.42%), Sodium: 158.84mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 20.89mg (25.33%), Phosphorus: 96.37mg (9.64%), Calcium: 70.45mg (7.05%), Selenium: 4.74µg (6.77%), Vitamin B2: 0.11mg (6.54%), Potassium: 227.49mg (6.5%), Manganese: 0.11mg (5.43%), Fiber: 1.33g (5.33%), Vitamin B1: 0.07mg (4.89%), Folate: 17.85µg (4.46%), Magnesium: 16.43mg (4.11%), Copper: 0.07mg (3.63%), Vitamin A: 153.67IU (3.07%), Vitamin B5: 0.25mg (2.54%), Iron: 0.41mg (2.27%), Vitamin B6: 0.04mg (1.92%), Vitamin K: 1.73µg (1.65%), Zinc: 0.24mg (1.61%), Vitamin B3: 0.3mg (1.48%), Vitamin B12: 0.07µg (1.21%)