



Angel Food Cake Shakes

READY IN



10 min.

SERVINGS



2

CALORIES



306 kcal

Ingredients

- 2 cups vanilla yogurt fat-free frozen softened
- 0.3 cup skim milk fat-free (skim)
- 0.1 slice angel food cake cooled (from 12-inch cake)
- 1 serving cool whip fat-free thawed
- 1 serving poached berries fresh
- 1 serving chocolate syrup reduced-calorie

Equipment

- blender

Directions

- In blender, place yogurt and milk. Cover and blend on high speed until smooth and creamy.
- Add cake pieces; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with whipped topping and berries.
- Drizzle with chocolate syrup.
- Serve immediately.

Nutrition Facts

PROTEIN 16.16% **FAT 2.52%** **CARBS 81.32%**

Properties

Glycemic Index:16.63, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:10.859565102536%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 305.57kcal (15.28%), Fat: 0.86g (1.32%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 61.83g (22.48%), Sugar: 58.78g (65.32%), Cholesterol: 6.18mg (2.06%), Sodium: 176.64mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Calcium: 419.08mg (41.91%), Phosphorus: 354.41mg (35.44%), Vitamin B2: 0.51mg (29.84%), Vitamin B12: 1.36µg (22.71%), Selenium: 15.84µg (22.63%), Potassium: 575.52mg (16.44%), Zinc: 2.11mg (14.04%), Magnesium: 53.72mg (13.43%), Manganese: 0.16mg (8.23%), Vitamin B1: 0.12mg (8.09%), Copper: 0.13mg (6.57%), Vitamin B6: 0.12mg (6%), Folate: 23.63µg (5.91%), Iron: 0.6mg (3.32%), Vitamin K: 2.88µg (2.75%), Vitamin D: 0.34µg (2.25%), Fiber: 0.54g (2.18%), Vitamin C: 1.77mg (2.14%), Vitamin A: 96.04IU (1.92%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.11mg (1.14%), Vitamin E: 0.16mg (1.04%)