



Angel Food Cake with Berries and Whipped Cream

 Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



275 kcal

DESSERT

Ingredients

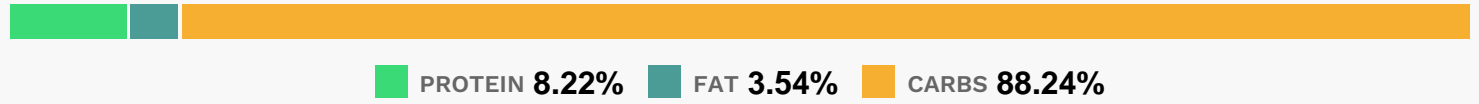
- 1 angel food cake store bought
- 1 pint blueberries
- 1 pint raspberries
- 3 fold paper towels into a
- 2 tablespoons sugar
- 1 container whipped cream

Equipment

Directions

- Combine berries. Sugar berries.
- Let stand up to 30 minutes.
- Serve with sliced angel food cake and whipped cream.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:7.73, Inflammation Score:-5, Nutrition Score:11.289130467436%

Flavonoids

Cyanidin: 42.77mg, Cyanidin: 42.77mg, Cyanidin: 42.77mg, Cyanidin: 42.77mg Petunidin: 25.11mg, Petunidin: 25.11mg, Petunidin: 25.11mg, Petunidin: 25.11mg Delphinidin: 28.98mg, Delphinidin: 28.98mg, Delphinidin: 28.98mg, Delphinidin: 28.98mg Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 16.1mg, Peonidin: 16.1mg, Peonidin: 16.1mg, Peonidin: 16.1mg Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 3.26mg, Epicatechin: 3.26mg, Epicatechin: 3.26mg, Epicatechin: 3.26mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 275.07kcal (13.75%), Fat: 1.14g (1.75%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 56.29g (20.47%), Sugar: 32.63g (36.25%), Cholesterol: 0.98mg (0.33%), Sodium: 345.54mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Manganese: 0.89mg (44.49%), Vitamin C: 28.31mg (34.32%), Fiber: 7.3g (29.21%), Vitamin K: 21.43µg (20.41%), Phosphorus: 171.64mg (17.16%), Selenium: 11.61µg (16.59%), Vitamin B2: 0.2mg (11.89%), Vitamin B1: 0.15mg (9.71%), Folate: 36.83µg (9.21%), Copper: 0.17mg (8.44%), Calcium: 76.72mg (7.67%), Vitamin E: 1.14mg (7.62%), Potassium: 264.42mg (7.55%), Magnesium: 28.53mg (7.13%), Vitamin B3: 1.4mg (7.02%), Iron: 1.22mg (6.76%), Vitamin B6: 0.09mg (4.51%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.6mg (4%), Vitamin A: 71.08IU (1.42%)