



Angel Food Cake With Caramel Sauce

READY IN



25 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- 3 ounces cream cheese softened
- 0.3 cup powdered sugar
- 8 ounces non-dairy whipped topping frozen thawed
- 8 ounces angel food cake prepared
- 1 cup heavy whipping cream divided
- 0.8 cup sugar
- 0.5 cup plus light
- 0.3 cup butter
- 1 pinch salt

0.5 teaspoon vanilla extract

Equipment

bowl

sauce pan

Directions

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping; set aside.

Cut cake horizontally into two layers.

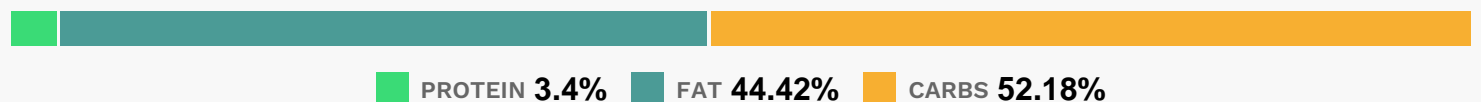
Place the bottom layer on a serving plate; spread with cream cheese mixture. Replace top; refrigerate.

In a saucepan, combine 3/4 cup of cream, sugar, corn syrup, butter and salt. Cook and stir until mixture reaches soft-ball stage (234°). Slowly add remaining cream. Cook and stir until mixture returns to soft-ball stage (234°).

Remove from the heat; stir in vanilla. Cool.

Drizzle over cake. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:10.91, Inflammation Score:-3, Nutrition Score:2.5195652071549%

Nutrients (% of daily need)

Calories: 315.59kcal (15.78%), Fat: 16.03g (24.67%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 42.35g (15.4%), Sugar: 36.93g (41.03%), Cholesterol: 40.12mg (13.37%), Sodium: 180.43mg (7.84%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 2.76g (5.52%), Vitamin A: 518.9IU (10.38%), Phosphorus: 78.06mg (7.81%), Selenium: 4.79µg (6.84%), Vitamin B2: 0.11mg (6.45%), Calcium: 52.41mg (5.24%), Vitamin E: 0.45mg (3%), Vitamin B1: 0.03mg (2.13%), Potassium: 74.62mg (2.13%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.74µg (1.66%), Vitamin B12: 0.1µg (1.65%), Zinc: 0.19mg (1.3%), Magnesium: 5.12mg (1.28%), Vitamin B5: 0.12mg (1.17%), Folate: 4.6µg (1.15%)