



Angel Food Cake with Mangoes

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



107 kcal

DESSERT

Ingredients

- 13 ounces storebought angel food cake
- 0.3 cup mint leaves fresh
- 2 tablespoons juice of lime fresh
- 2 mangoes peeled cut into chunks (3 cups)
- 2 teaspoons orange liqueur (recommended: Cointreau)
- 1 tablespoon sugar

Equipment

- food processor

blender

Directions

Watch how to make this recipe.

In a blender or food processor, puree 1 of the mangoes with the lime juice, sugar and Cointreau until smooth. Dice the remaining mango. Slice the cake, pour 1 tablespoon of the mango sauce over each slice, and toss some diced mango on top.

Garnish with mint leaves and serve.

Nutrition Facts

 **PROTEIN 7.99%**  **FAT 1.96%**  **CARBS 90.05%**

Properties

Glycemic Index:10.15, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:3.3791304139987%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.33kcal (5.37%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 24.12g (8.77%), Sugar: 15.4g (17.11%), Cholesterol: 0mg (0%), Sodium: 157.7mg (6.86%), Alcohol: 0.22g (100%), Alcohol %: 0.39% (100%), Protein: 2.2g (4.41%), Vitamin C: 13.61mg (16.49%), Vitamin A: 414.36IU (8.29%), Phosphorus: 77.17mg (7.72%), Selenium: 4.92µg (7.02%), Folate: 20.15µg (5.04%), Vitamin B2: 0.07mg (4.24%), Calcium: 32.24mg (3.22%), Copper: 0.06mg (3.17%), Potassium: 107.95mg (3.08%), Fiber: 0.7g (2.79%), Manganese: 0.05mg (2.64%), Vitamin B1: 0.03mg (2.25%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.32mg (2.13%), Magnesium: 6.88mg (1.72%), Vitamin B3: 0.3mg (1.49%), Vitamin K: 1.49µg (1.42%), Vitamin B5: 0.11mg (1.08%)