



Angel Food Cake with Mixed Berries

 Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



155 kcal

DESSERT

Ingredients

- 1 angel food cake store-bought
- 1 package blackberries
- 1 package blueberries
- 1 package raspberries
- 1 package strawberries
- 2 tablespoons sugar

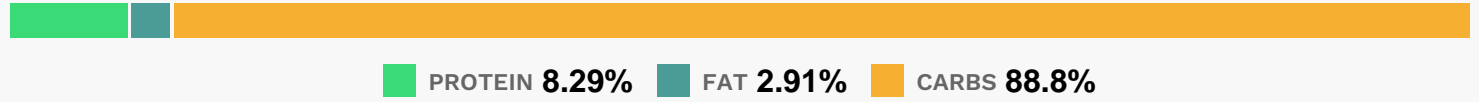
Equipment

- bowl

Directions

- Mix berries and sugar together in a bowl, mashing slightly to create a juice.
- Pour over sliced angel food cake.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:3.66, Inflammation Score:-3, Nutrition Score:6.8604348619347%

Flavonoids

Cyanidin: 18.74mg, Cyanidin: 18.74mg, Cyanidin: 18.74mg, Cyanidin: 18.74mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Pelargonidin: 11.47mg, Pelargonidin: 11.47mg, Pelargonidin: 11.47mg, Pelargonidin: 11.47mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.46kcal (7.77%), Fat: 0.53g (0.81%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 32.51g (11.82%), Sugar: 19.88g (22.09%), Cholesterol: 0mg (0%), Sodium: 218.04mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 36.5mg (44.24%), Manganese: 0.46mg (23.08%), Fiber: 3.52g (14.09%), Phosphorus: 120.66mg (12.07%), Selenium: 6.78µg (9.68%), Folate: 24.46µg (6.12%), Vitamin B2: 0.1mg (6.04%), Potassium: 184.9mg (5.28%), Calcium: 52.66mg (5.27%), Magnesium: 17.81mg (4.45%), Copper: 0.09mg (4.3%), Vitamin K: 4.12µg (3.92%), Vitamin B1: 0.05mg (3.65%), Vitamin E: 0.48mg (3.17%), Iron: 0.55mg (3.07%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.28mg (1.88%)