



Angel Food Cake with Mixed Berry Compote

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

DESSERT

Ingredients

- 8 ounce angel food cake cut into 8 slices
- 2 cups blackberries
- 2 cups blueberries
- 3 tablespoons cornstarch
- 1 cup orange juice
- 2 cups raspberries
- 0.5 cup sugar
- 6 tablespoons water

Equipment

- bowl
- slow cooker

Directions

- Coat a 5-quart electric slow cooker with cooking spray.
- Combine berries, orange juice, and sugar in slow cooker. Cover and cook on HIGH for 2 hours.
- Combine cornstarch and water in a small bowl, stirring until smooth. Stir cornstarch mixture into berry mixture. Cover and cook on HIGH for 15 minutes or until sauce thickens.
- Serve compote over angel food cake.
- Ingredient Tip: If you only have one or two types of berries, you can still make this compote. Just make sure the berries add up to a total of 6 cups.

Nutrition Facts

 **PROTEIN 5.93%**  **FAT 2.95%**  **CARBS 91.12%**

Properties

Glycemic Index:26.64, Glycemic Load:12.97, Inflammation Score:-5, Nutrition Score:8.3317392345356%

Flavonoids

Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg, Cyanidin: 52.84mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 198.53kcal (9.93%), Fat: 0.68g (1.05%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 42.56g (15.47%), Sugar: 30.49g (33.88%), Cholesterol: 0mg (0%), Sodium: 147.16mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 34.51mg (41.83%), Manganese: 0.58mg (29.11%), Fiber: 4.89g (19.57%), Vitamin K: 16.67µg (15.87%), Phosphorus: 92.49mg (9.25%), Folate: 30.51µg (7.63%), Copper: 0.14mg (7.23%), Selenium: 4.77µg (6.81%), Potassium: 232.72mg (6.65%), Vitamin E: 0.91mg (6.06%), Vitamin B2: 0.1mg (5.84%), Magnesium: 21.9mg (5.48%), Vitamin B1: 0.08mg (5.29%), Calcium: 47.91mg (4.79%), Iron: 0.68mg (3.79%), Vitamin B3: 0.73mg (3.67%), Vitamin A: 168.92IU (3.38%), Vitamin B5: 0.33mg (3.34%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.43mg (2.88%)