



Angel Food Cake with Raspberry Sauce

 Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 6 ounce angel food cake
- ☐ 1 tablespoon framboise (raspberry brandy)
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 cups raspberries fresh
- ☐ 2 tablespoons sugar

Equipment

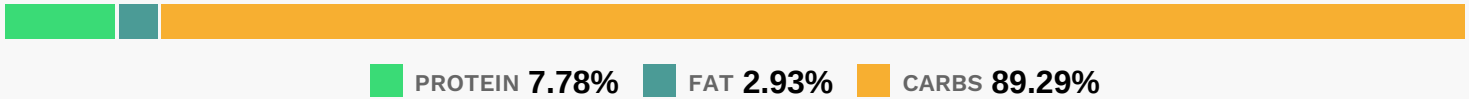
- ☐ food processor
- ☐ bowl

☐ sieve

Directions

- ☐ Combine berries and sugar in a food processor; process until smooth. Press pureed mixture through a fine sieve over a small bowl, reserving liquid; discard seeds. Stir in liqueur and lemon juice.
- ☐ Serve with cake.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:5.08, Inflammation Score:-2, Nutrition Score:5.864782674805%

Flavonoids

Cyanidin: 29.15mg, Cyanidin: 29.15mg, Cyanidin: 29.15mg, Cyanidin: 29.15mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.62mg, Pelargonidin: 0.62mg, Pelargonidin: 0.62mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 165.65kcal (8.28%), Fat: 0.56g (0.87%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 34.33g (12.48%), Sugar: 21.79g (24.21%), Cholesterol: 0mg (0%), Sodium: 218mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.45mg (22.69%), Vitamin C: 16.93mg (20.52%), Fiber: 4.23g (16.91%), Phosphorus: 117.18mg (11.72%), Selenium: 6.67µg (9.53%), Vitamin B2: 0.1mg (6.05%), Calcium: 51.74mg (5.17%), Vitamin K: 5.01µg (4.77%), Folate: 19.03µg (4.76%), Potassium: 154.35mg (4.41%), Magnesium: 17.45mg (4.36%), Copper: 0.09mg (4.34%), Vitamin E: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.47%), Iron: 0.54mg (3%), Vitamin B5: 0.26mg (2.57%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.32mg (2.16%), Vitamin B6: 0.04mg (1.87%)