



Angel Food Flag Cake

READY IN



270 min.

SERVINGS



16

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 1.3 cups water
- ☐ 3 cups raspberries fresh unsweetened thawed drained (and)
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons raspberry jam red seedless melted
- ☐ 8 ounces cool whip frozen thawed (3 cups)
- ☐ 2 cups blueberries fresh thawed drained (and)

Equipment

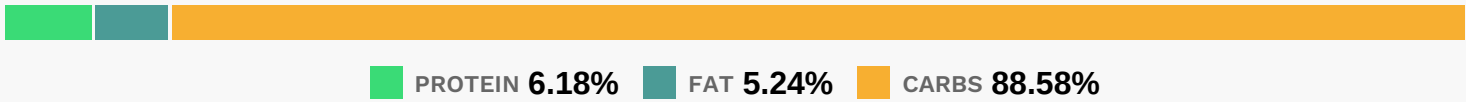
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Move oven rack to middle position.
- ☐ Heat oven to 350°F.
- ☐ Beat cake mix and 1 1/4 cups cold water in extra-large glass or metal bowl with electric mixer on low speed 30 seconds; beat on medium speed 1 minute.
- ☐ Pour into 2 ungreased loaf pans, 9x5x3 inches, or 3 ungreased loaf pans, 8 1/2x4 1/2x2 1/2 inches.
- ☐ Bake 9-inch pans 35 to 45 minutes, 8 1/2-inch pans 28 to 38 minutes, or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn each pan on its side on heatproof surface and let rest until completely cool. Run knife around edges; remove from pans.
- ☐ Line each same loaf pan with plastic wrap, allowing wrap to extend over edges.
- ☐ Place raspberries, sugar and jam in food processor; cover and process, using 3 quick on-and-off motions, until coarsely chopped.
- ☐ Cut each loaf cake horizontally into 4 slices, using serrated or electric knife.
- ☐ Place 1 slice in bottom of each pan; spread 3 tablespoons of the raspberry mixture over each. Top with another slice cake. Repeat with remaining raspberry mixture and cake slices. Cover with plastic wrap and refrigerate at least 2 hours until chilled.
- ☐ To remove loaves easily from pans, place serving plate upside down on top of pan; turn pan upside down onto plate.
- ☐ Remove pan and plastic wrap.
- ☐ Cut each loaf crosswise into 8 slices, using serrated or electric knife.

Serve with whipped topping and blueberries.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:4.18, Inflammation Score:-2, Nutrition Score:4.4608695532965%

Flavonoids

Cyanidin: 11.86mg, Cyanidin: 11.86mg, Cyanidin: 11.86mg, Cyanidin: 11.86mg Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg Delphinidin: 6.85mg, Delphinidin: 6.85mg, Delphinidin: 6.85mg, Delphinidin: 6.85mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 166.21kcal (8.31%), Fat: 1g (1.54%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 36g (13.09%), Sugar: 26.56g (29.51%), Cholesterol: 2.27mg (0.76%), Sodium: 245.86mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Manganese: 0.25mg (12.74%), Phosphorus: 114.63mg (11.46%), Vitamin B2: 0.18mg (10.76%), Vitamin C: 8.02mg (9.72%), Fiber: 2.15g (8.58%), Calcium: 66.78mg (6.68%), Selenium: 4.15µg (5.93%), Folate: 20.56µg (5.14%), Vitamin K: 5.4µg (5.14%), Vitamin B12: 0.22µg (3.73%), Copper: 0.07mg (3.36%), Magnesium: 10.66mg (2.66%), Potassium: 92.26mg (2.64%), Vitamin B1: 0.04mg (2.37%), Vitamin B6: 0.04mg (2.14%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.17mg (1.73%), Iron: 0.31mg (1.71%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.22mg (1.45%)