



Angel Lush: Make It Your Way

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

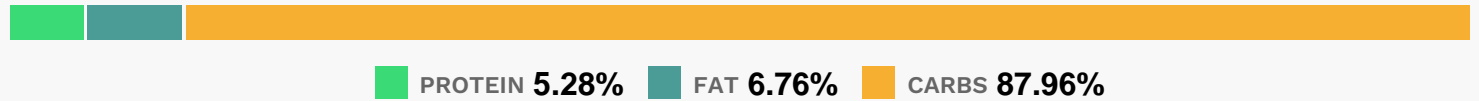
- 10 oz round angel food cake) dessert shells (12 shells)
- 2 cups poached berries mixed fresh (strawberries, blueberries and raspberries)
- 3.4 oz jell-o vanilla flavor pudding instant
- 20 oz dole pineapple in juice crushed undrained canned
- 1 cup cool whip whipped topping thawed

Equipment

Directions

- For THE FILLING
- Mix pineapple and dry pudding mix. Stir in COOL WHIP.
- Now, YOU CHOOSE!
- Parfaits: Cube cake.
- Layer in 12 parfait glasses alternately with filling and berries. Makes 12 servings.
- Cut cake into 3 layers. Stack on plate, spreading filling between layers and on top of cake. Top with berries. Makes 10 servings.
- Individuals: Spoon filling into dessert shells; top with berries. Makes 12 servings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2465217592924%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 117.35kcal (5.87%), Fat: 0.91g (1.4%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.56g (9.29%), Sugar: 19.18g (21.31%), Cholesterol: 0.1mg (0.03%), Sodium: 141.57mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Phosphorus: 52.6mg (5.26%), Vitamin C: 4.07mg (4.93%), Selenium: 3.24µg (4.63%), Fiber: 1.13g (4.5%), Vitamin B1: 0.06mg (4.01%), Vitamin K: 3.83µg (3.65%), Vitamin B2: 0.06mg (3.25%), Copper: 0.06mg (3.1%), Calcium: 27.45mg (2.74%), Potassium: 89.88mg (2.57%), Manganese: 0.04mg (2.14%), Magnesium: 8.57mg (2.14%), Vitamin B6: 0.04mg (2.12%), Folate: 5.94µg (1.49%), Vitamin B3: 0.25mg (1.24%), Iron: 0.2mg (1.09%)