



## Angel Lush on a Stick

READY IN



20 min.

SERVINGS



20

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 oz angel food cake prepared
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.3 cups milk cold
- 1 pineapple fresh cut into 1-inch chunks
- 4 cups strawberries fresh
- 1 cup cool whip whipped topping thawed

## Equipment

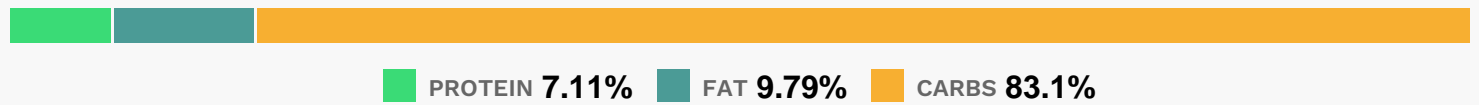
- bowl

- whisk
- skewers

## Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min.; stir in COOL WHIP. Refrigerate until ready to serve.
- Cut cake into 18 cubes; thread onto 18 skewers alternately with fruit.
- Serve with pudding mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.83, Glycemic Load:4.03, Inflammation Score:-3, Nutrition Score:5.7843479203141%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 104.09kcal (5.2%), Fat: 1.18g (1.82%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 21.3g (7.74%), Sugar: 15.63g (17.37%), Cholesterol: 1.9mg (0.63%), Sodium: 112.27mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 38.56mg (46.74%), Manganese: 0.54mg (27.03%), Phosphorus: 61.69mg (6.17%), Fiber: 1.27g (5.07%), Calcium: 44.06mg (4.41%), Folate: 17.01µg (4.25%), Vitamin B2: 0.07mg (4.22%), Vitamin B1: 0.06mg (4.16%), Potassium: 140.15mg (4%), Selenium: 2.75µg (3.93%), Vitamin B6: 0.08mg (3.75%), Copper: 0.07mg (3.74%), Magnesium: 12.4mg (3.1%), Vitamin B5: 0.2mg

(2.05%), Vitamin B3: 0.38mg (1.9%), Iron: 0.29mg (1.61%), Vitamin B12: 0.09µg (1.57%), Zinc: 0.18mg (1.2%), Vitamin A: 57.18IU (1.14%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.13µg (1.08%)