



Angel Lush with Pineapple from DOLE®

 Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

Ingredients

- 10 ounce round angel food cake cut into 3 layers
- 10 servings seasonal berries
- 3.4 ounce vanilla pudding instant
- 20 ounce dole® pineapple crushed undrained canned
- 1 cup non-dairy whipped topping thawed

Equipment

- bowl

Directions

- Mix pineapple and dry pudding mix in medium bowl. Gently stir in whipped topping.
- Stack cake layers on plate, spreading pudding mixture between layers and on top of cake.
- Refrigerate 1 hour or until ready to serve.
- Garnish with your favorite seasonal berries.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5665217482525%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 160.72kcal (8.04%), Fat: 1.17g (1.81%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.49g (12.91%), Sugar: 26.23g (29.15%), Cholesterol: 0.15mg (0.05%), Sodium: 212.05mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Phosphorus: 75.59mg (7.56%), Selenium: 4.83µg (6.9%), Vitamin C: 5.35mg (6.49%), Vitamin B1: 0.08mg (5.38%), Vitamin B2: 0.07mg (4.23%), Copper: 0.08mg (4.15%), Calcium: 38.77mg (3.88%), Fiber: 0.88g (3.51%), Potassium: 118.62mg (3.39%), Magnesium: 11.35mg (2.84%), Vitamin B6: 0.05mg (2.3%), Folate: 6.82µg (1.7%), Iron: 0.24mg (1.34%), Vitamin B3: 0.22mg (1.09%), Manganese: 0.02mg (1.01%)