



Angelic Cake and Berries



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



173 kcal

Ingredients

- ☐ 1 angel food cake store-bought
- ☐ 0.5 pint blackberries
- ☐ 1 cup lemon sorbet
- ☐ 2 teaspoons lemon zest
- ☐ 0.5 pint raspberries
- ☐ 0.5 pint strawberries sliced

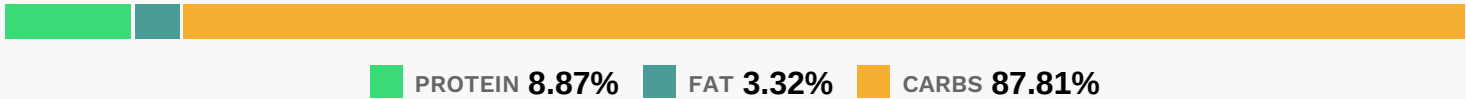
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt sorbet over low heat with zest in a small sauce pot. Stir in berries to coat.
- ☐ Cut cake and pour berries and sauce over top.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:7.4878261069889%

Flavonoids

Cyanidin: 43.59mg, Cyanidin: 43.59mg, Cyanidin: 43.59mg, Cyanidin: 43.59mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 7.77mg, Pelargonidin: 7.77mg, Pelargonidin: 7.77mg, Pelargonidin: 7.77mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 12.27mg, Catechin: 12.27mg, Catechin: 12.27mg, Catechin: 12.27mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.54mg, Epicatechin: 2.54mg, Epicatechin: 2.54mg, Epicatechin: 2.54mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 172.75kcal (8.64%), Fat: 0.66g (1.01%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 34.59g (12.58%), Sugar: 21.12g (23.47%), Cholesterol: 0mg (0%), Sodium: 231.99mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin C: 31.99mg (38.78%), Manganese: 0.53mg (26.51%), Fiber: 4.61g (18.45%), Phosphorus: 120.84mg (12.08%), Selenium: 6.8µg (9.72%), Vitamin K: 8.86µg (8.43%), Folate: 26.29µg (6.57%), Vitamin B2: 0.1mg (6.07%), Copper: 0.12mg (5.95%), Calcium: 57.07mg (5.71%), Potassium: 195.99mg (5.6%), Magnesium: 19.74mg (4.94%), Vitamin E: 0.69mg (4.63%), Vitamin B1: 0.05mg (3.62%), Iron: 0.61mg (3.39%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.04mg (2.1%), Vitamin A: 76.85IU (1.54%)