



Berry Angel Delight

READY IN



255 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 cup whipping cream (heavy)
- ☐ 2 tablespoons sugar
- ☐ 2 cups vanilla yogurt thick yoplait® (from three 6-ounce containers)
- ☐ 1 angel food cake cut into 1-inch pieces (8 inches in diameter)
- ☐ 1 cup blueberries fresh
- ☐ 1 cup strawberries fresh quartered
- ☐ 1 cup raspberries fresh

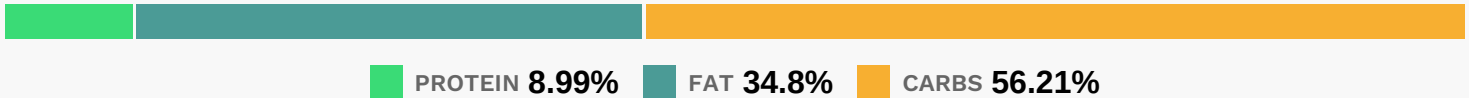
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ In chilled medium bowl, beat whipping cream and sugar with electric mixer on high speed until stiff peaks form. Gently stir in yogurt.
- ☐ Place cake pieces in large bowl; gently stir in yogurt mixture. In medium bowl, gently mix berries.
- ☐ Spoon half of the cake mixture into 9-inch springform pan; press firmly in pan with rubber spatula. Top with half of the berries. Repeat with remaining cake mixture; press with spatula. Top with berries. Cover and refrigerate at least 4 hours or overnight.
- ☐ Run metal spatula carefully along side of dessert to loosen; remove side of pan.
- ☐ Cut dessert into wedges.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:2.89, Inflammation Score:-4, Nutrition Score:6.438260814418%

Flavonoids

Cyanidin: 6.99mg, Cyanidin: 6.99mg, Cyanidin: 6.99mg, Cyanidin: 6.99mg Petunidin: 4.72mg, Petunidin: 4.72mg, Petunidin: 4.72mg, Petunidin: 4.72mg Delphinidin: 5.45mg, Delphinidin: 5.45mg, Delphinidin: 5.45mg, Delphinidin: 5.45mg Malvidin: 10.02mg, Malvidin: 10.02mg, Malvidin: 10.02mg, Malvidin: 10.02mg Pelargonidin: 3.7mg, Pelargonidin: 3.7mg, Pelargonidin: 3.7mg, Pelargonidin: 3.7mg Peonidin: 3.02mg, Peonidin: 3.02mg, Peonidin: 3.02mg, Peonidin: 3.02mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 238.47kcal (11.92%), Fat: 9.48g (14.59%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 32.97g (11.99%), Sugar: 22.93g (25.48%), Cholesterol: 29.34mg (9.78%), Sodium: 212.94mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Phosphorus: 167.55mg (16.75%), Vitamin C: 13.58mg (16.46%), Calcium: 134.27mg (13.43%), Vitamin B2: 0.22mg (12.9%), Selenium: 8.43µg (12.04%), Manganese: 0.21mg (10.47%), Vitamin A: 384.61IU (7.69%), Potassium: 227.42mg (6.5%), Fiber: 1.49g (5.96%), Vitamin B12: 0.31µg (5.13%), Vitamin K: 4.95µg (4.72%), Vitamin B5: 0.44mg (4.44%), Folate: 17.63µg (4.41%), Magnesium: 17.63mg (4.41%), Vitamin B1: 0.06mg (4.22%), Zinc: 0.6mg (4.02%), Vitamin E: 0.46mg (3.08%), Copper: 0.06mg (2.92%), Vitamin B6: 0.05mg (2.66%), Vitamin D: 0.38µg (2.54%), Iron: 0.32mg (1.78%), Vitamin B3: 0.31mg (1.55%)