



Chocolate-Cherry Angel Cake

 Dairy Free

READY IN



182 min.

SERVINGS



12

CALORIES



225 kcal

DESSERT

Ingredients

- 16 oz angel food cake mix
- 2 tablespoons cocoa powder
- 16.5 ounces cherries dark sweet pitted undrained canned
- 1 tablespoon cornstarch
- 8 ounces non-dairy whipped topping frozen thawed
- 0.5 teaspoon almond extract
- 0.3 cup almonds toasted sliced

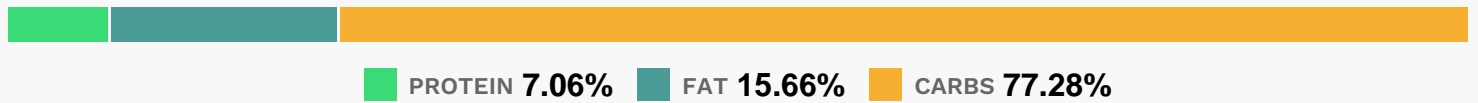
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°F. Make cake mix as directed on package for angel food (tube) pan -- except stir cocoa into cake mix (dry).
- Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Cool completely, about 2 hours, as directed on package.
- Mix cherries and cornstarch in 2-quart saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cool completely.
- Mix whipped topping and almond extract; spoon onto slices of cake. Top with cherry mixture.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:4.3843478197637%

Flavonoids

Cyanidin: 11.84mg, Cyanidin: 11.84mg, Cyanidin: 11.84mg, Cyanidin: 11.84mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 224.96kcal (11.25%), Fat: 4.05g (6.22%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 43.28g (15.74%), Sugar: 32.78g (36.42%), Cholesterol: 0.38mg (0.13%), Sodium: 324.59mg

(14.11%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 4.11g (8.21%), Phosphorus: 168.06mg (16.81%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.17mg (8.6%), Calcium: 84.29mg (8.43%), Selenium: 5.46µg (7.8%), Fiber: 1.64g (6.57%), Copper: 0.12mg (5.96%), Magnesium: 20.87mg (5.22%), Vitamin E: 0.78mg (5.18%), Potassium: 171.69mg (4.91%), Folate: 19.39µg (4.85%), Vitamin C: 2.73mg (3.31%), Iron: 0.48mg (2.64%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.29mg (1.46%), Vitamin K: 1.48µg (1.41%), Vitamin B1: 0.02mg (1.35%)