



Cinnamon-Strawberry Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



96 kcal

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 angel food cake store-bought
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 pound strawberries quartered

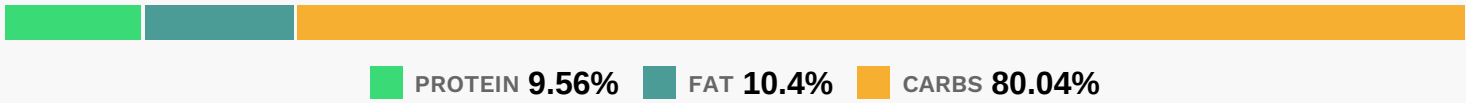
Equipment

- ☐ bowl

Directions

- ☐
- In a bowl, toss strawberries with cinnamon; let sit until juicy, about 20 minutes.
- ☐
- Cut angel food cake into 12 slices. Top with strawberries and juices and toasted sliced almonds.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:3.9834782529784%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 96.22kcal (4.81%), Fat: 1.16g (1.78%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.92g (6.88%), Sugar: 10.58g (11.75%), Cholesterol: 0mg (0%), Sodium: 145.19mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 22.23mg (26.94%), Manganese: 0.22mg (11.11%), Phosphorus: 84.08mg (8.41%), Selenium: 4.57µg (6.52%), Vitamin B2: 0.08mg (4.81%), Fiber: 1.1g (4.39%), Vitamin E: 0.61mg (4.03%), Calcium: 35.84mg (3.58%), Folate: 13.6µg (3.4%), Potassium: 110.49mg (3.16%), Magnesium: 12.41mg (3.1%), Copper: 0.06mg (2.87%), Vitamin B1: 0.03mg (2.27%), Iron: 0.3mg (1.66%), Vitamin B3: 0.26mg (1.3%), Vitamin B6: 0.02mg (1.1%), Zinc: 0.15mg (1.01%)