



WHATSheATE



Citrus Angel Food Cake

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

Ingredients

- ☐ 16 ounce round angel food cake
- ☐ 0.3 cup lemonade concentrate undiluted thawed
- ☐ 4 teaspoons lime rind divided grated
- ☐ 1.8 cups whipped cream low-fat softened
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

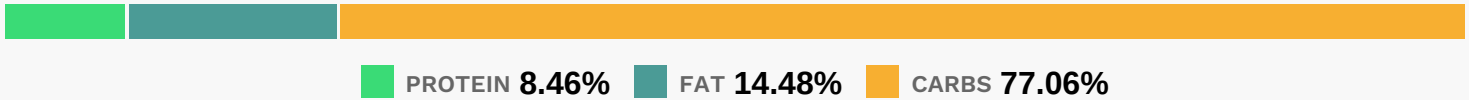
Equipment

- ☐ serrated knife

Directions

- ☐
- Slice off top third of angel food cake, using a serrated knife; set aside. Hollow out bottom portion of cake, leaving a 1- inch-thick shell, making sure not to cut through bottom of cake; reserve leftover cake (about 1 3/4 cups) for another use.
- ☐
- Combine ice cream, lemonade concentrate, and 1 teaspoon lime rind. Spoon ice cream mixture into cake shell, pressing firmly with back of spoon; top with remaining third of cake.
- ☐
- Combine whipped topping and remaining 3 teaspoons lime rind; spread over top and sides of filled cake. Cover loosely, and freeze 6 hours or until firm. Slice with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:2.7313043565854%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 174.9kcal (8.75%), Fat: 2.86g (4.4%), Saturated Fat: 2.08g (13%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 34.03g (12.38%), Sugar: 21.58g (23.98%), Cholesterol: 6.24mg (2.08%), Sodium: 218.92mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Phosphorus: 120.24mg (12.02%), Selenium: 6.55µg (9.36%), Vitamin B2: 0.14mg (8.04%), Calcium: 76.88mg (7.69%), Potassium: 113.99mg (3.26%), Vitamin B1: 0.04mg (2.89%), Vitamin B12: 0.14µg (2.34%), Vitamin A: 108.89IU (2.18%), Magnesium: 7.39mg (1.85%), Folate: 7.02µg (1.75%), Copper: 0.03mg (1.59%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.23mg (1.51%), Vitamin C: 1.11mg (1.34%), Manganese: 0.03mg (1.28%)