



Cranberry Ribbon Loaf

READY IN



10 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

Ingredients

- 6 slices angel food cake (1/)
- 3 ounces cream cheese softened
- 1 cup heavy whipping cream
- 0.3 cup sugar
- 14 ounces roasted cranberry sauce canned

Equipment

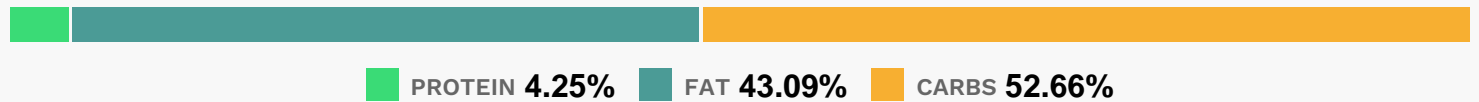
- bowl
- frying pan

- loaf pan
- aluminum foil

Directions

- Line the bottom and sides of a 9-in. x 5-in. loaf pan with heavy-duty foil; set aside. In a large bowl, beat the cream cheese, sugar and salt until smooth. Stir in cranberry sauce. Fold in the whipped cream.
- Spread a third of the mixture in prepared pan; top with three cake slices (cut cake if needed to fit). Repeat layers. Top with remaining cranberry mixture. Cover and freeze.
- Remove from the freezer 15 minutes before serving. Use foil to remove loaf from pan; discard foil.
- Cut into slices.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:4.52, Inflammation Score:-4, Nutrition Score:3.1426086995913%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 295.27kcal (14.76%), Fat: 14.55g (22.39%), Saturated Fat: 9g (56.27%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 39.44g (14.34%), Sugar: 29.69g (32.99%), Cholesterol: 44.35mg (14.78%), Sodium: 151.27mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin A: 600.94IU (12.02%), Phosphorus: 79.33mg (7.93%), Vitamin B2: 0.13mg (7.66%), Selenium: 5.26µg (7.51%), Vitamin E: 0.83mg (5.52%), Calcium: 49.14mg (4.91%), Vitamin D: 0.48µg (3.17%), Potassium: 84.66mg (2.42%), Fiber: 0.59g (2.35%), Manganese: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.09%), Vitamin K: 1.89µg (1.8%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.6%), Magnesium: 5.71mg (1.43%), Folate: 5.37µg (1.34%), Vitamin B12: 0.08µg (1.29%), Vitamin B6: 0.02mg (1.22%), Zinc: 0.17mg (1.12%)