



Elegant Easy Torte



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



302 kcal

Ingredients

- ☐ 12.5 ounce cherry pie filling canned
- ☐ 0.5 cup nuts chopped
- ☐ 13 ounce round cake frozen thawed
- ☐ 8 ounces non-dairy whipped topping

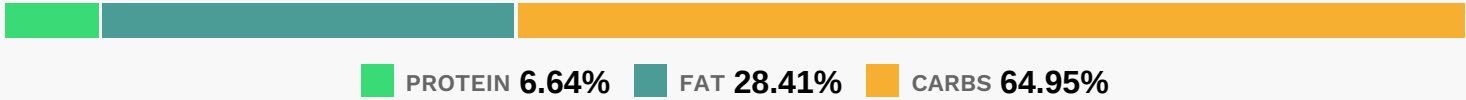
Equipment

Directions

- ☐ Slice thawed pound cake horizontally into 3 layers.

- ☐ Spread bottom layer with pie filling, and top with center slice.
- ☐ Spread middle layer with whipped topping, and cover with last slice.
- ☐ Sprinkle with chopped nuts.
- ☐ Slice, and serve. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:5.8504348086274%

Nutrients (% of daily need)

Calories: 301.5kcal (15.08%), Fat: 9.62g (14.8%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 48.17g (17.52%), Sugar: 23.6g (26.22%), Cholesterol: 47.56mg (15.85%), Sodium: 316.47mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Manganese: 0.28mg (14.22%), Phosphorus: 129.89mg (12.99%), Vitamin B2: 0.17mg (10.27%), Vitamin B1: 0.15mg (9.78%), Iron: 1.72mg (9.56%), Copper: 0.18mg (9.1%), Magnesium: 30.4mg (7.6%), Selenium: 5.05µg (7.21%), Folate: 28.77µg (7.19%), Vitamin B3: 1.4mg (7.01%), Calcium: 63.55mg (6.35%), Fiber: 1.31g (5.22%), Potassium: 174.48mg (4.99%), Zinc: 0.63mg (4.18%), Vitamin A: 184.08IU (3.68%), Vitamin B6: 0.07mg (3.63%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.17µg (2.79%), Vitamin C: 1.63mg (1.98%), Vitamin E: 0.25mg (1.68%)