



Fruit and Cream Cake

READY IN



110 min.

SERVINGS



16

CALORIES



211 kcal

DESSERT

Ingredients

- 1 angel food cake (8 or 9 inch)
- 1 cup pineapple sherbet softened
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- 2 cups whipping cream
- 0.5 cup powdered sugar
- 1 teaspoon vanilla

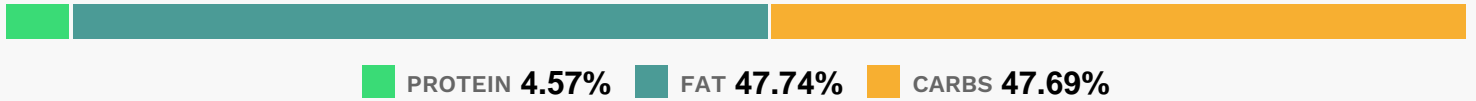
Equipment

- bowl
- hand mixer

Directions

- Slice cake horizontally into 4 equal layers.
- Place bottom cake layer on freezer-safe serving plate; spread with raspberry sherbet. Top with second cake layer; spread with lime sherbet. Top with third cake layer; spread with orange sherbet.
- Place fourth cake layer on top. Freeze until sherbet is firm, about 1 hour.
- In large bowl, beat all frosting ingredients with electric mixer on low speed until soft peaks form. Beat on high speed until stiff peaks form, scraping side of bowl occasionally. Frost side and top of cake. Freeze until firm before serving, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:4.12, Inflammation Score:-3, Nutrition Score:2.6178260925023%

Nutrients (% of daily need)

Calories: 211.03kcal (10.55%), Fat: 11.36g (17.47%), Saturated Fat: 7.17g (44.83%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 25.13g (9.14%), Sugar: 17.79g (19.77%), Cholesterol: 33.9mg (11.3%), Sodium: 129.48mg (5.63%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 2.45g (4.89%), Vitamin A: 450.09IU (9%), Phosphorus: 77.67mg (7.77%), Vitamin B2: 0.12mg (7.2%), Selenium: 4.58µg (6.55%), Calcium: 52.53mg (5.25%), Vitamin D: 0.48µg (3.17%), Potassium: 84.04mg (2.4%), Vitamin B1: 0.03mg (1.95%), Vitamin E: 0.28mg (1.86%), Fiber: 0.4g (1.61%), Vitamin B5: 0.16mg (1.61%), Zinc: 0.23mg (1.55%), Magnesium: 6.03mg (1.51%), Vitamin B12: 0.09µg (1.5%), Copper: 0.03mg (1.3%), Folate: 5.06µg (1.27%)