



Fruit- and Nut-Topped Pound Cake

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



169 kcal

Ingredients

- ☐ 10.8 ounces round cake frozen cut into fourteen 1/2-inch slices
- ☐ 0.7 cup strawberries with strawberries, raspberries or pineapple soft
- ☐ 11 ounces mandarin orange segments drained well canned
- ☐ 1.5 cups oz. bacon into pieces fresh assorted (kiwifruit, strawberry, raspberry, pear, apple)
- ☐ 0.5 cup chocolate syrup reduced-fat
- ☐ 0.5 cup almonds toasted sliced

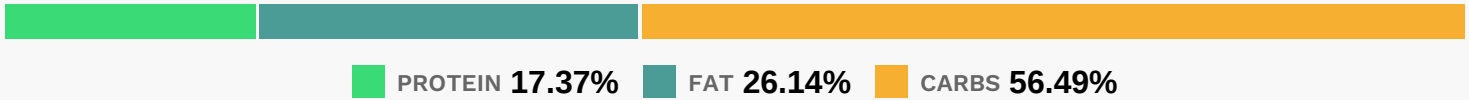
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Set oven control to broil.
- ☐ Place pound cake slices on rack in broiler pan. Broil with tops 4 to 5 inches from heat 3 to 5 minutes, turning once, until light golden brown.
- ☐ Spread each slice with about 2 teaspoons cream cheese.
- ☐ Cut slices diagonally in half to make 28 pieces. Top with orange segments and desired fresh fruit.
- ☐ Drizzle with syrup; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:4.2278260983851%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.7mg, Pelargonidin: 1.7mg, Pelargonidin: 1.7mg, Pelargonidin: 1.7mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 2.26mg, Naringenin: 2.26mg, Naringenin: 2.26mg, Naringenin: 2.26mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 169.27kcal (8.46%), Fat: 5.03g (7.74%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 23.12g (8.41%), Sugar: 16.15g (17.94%), Cholesterol: 39.5mg (13.17%), Sodium: 507.09mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Vitamin C: 10mg (12.12%), Manganese: 0.2mg (9.84%), Phosphorus: 65.55mg (6.55%), Vitamin B2: 0.11mg (6.52%), Vitamin E: 0.96mg (6.4%), Copper: 0.11mg

(5.74%), Iron: 1mg (5.56%), Magnesium: 21.79mg (5.45%), Fiber: 1.34g (5.34%), Vitamin B1: 0.08mg (5.01%), Folate: 17.1µg (4.28%), Vitamin A: 186.07IU (3.72%), Calcium: 34.92mg (3.49%), Vitamin B3: 0.68mg (3.42%), Potassium: 117.1mg (3.35%), Selenium: 2.32µg (3.31%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.78%)