



Fruit- and Nut-Topped Pound Cake



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



141 kcal

DESSERT

Ingredients

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

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:4.6517391373282%

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: 140.52kcal (7.03%), Fat: 2.46g (3.79%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 26.43g (9.61%), Sugar: 19g (21.12%), Cholesterol: 22.2mg (7.4%), Sodium: 145.15mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin C: 10.56mg (12.8%), Manganese: 0.2mg (10.19%),

Fiber: 1.74g (6.97%), Vitamin B2: 0.12mg (6.88%), Phosphorus: 68.6mg (6.86%), Copper: 0.13mg (6.69%), Vitamin E: 0.96mg (6.4%), Iron: 1.08mg (6%), Magnesium: 23.06mg (5.77%), Vitamin A: 262.76IU (5.26%), Vitamin B1: 0.08mg (5.21%), Folate: 17.61µg (4.4%), Potassium: 139.7mg (3.99%), Vitamin B3: 0.78mg (3.92%), Calcium: 36.18mg (3.62%), Selenium: 2.32µg (3.31%), Zinc: 0.34mg (2.27%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.19mg (1.88%), Vitamin K: 1.42µg (1.35%)