



Goopy Angel Food Cake

READY IN



15 min.

SERVINGS



10

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 10 ounce round angel food cake cut into 10 slices
- ☐ 1 tablespoon butter
- ☐ 2 cups fruit fresh chopped (such as berries, mango, and kiwi)
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 0.3 cup evaporated milk low-fat
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

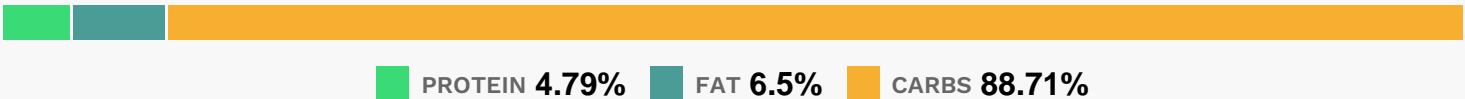
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Combine sugar and 1/4 cup water in a medium-size, heavy saucepan over medium-high heat, stirring to dissolve the sugar.
- ☐ Add the lemon juice, and bring to a boil. Cook, without stirring, about 5 minutes, until syrup turns golden. (Be careful not to let it burn.)
- ☐ Remove syrup from heat. Using a wooden spoon, stir in the butter until melted.
- ☐ Pour milk into a small microwave-safe bowl. Microwave on HIGH 30 seconds. Gradually stir milk into caramel until blended. (Caramel will begin to harden.)
- ☐ Return caramel to mediumhigh heat, and cook, stirring often, 1 minute, until hardened caramel has dissolved.
- ☐ Remove from heat, and stir in vanilla and salt (makes about 3/4 cup sauce).
- ☐ Top cake slices with fruit, and drizzle with warm sauce.
- ☐ Quick tip: Make the caramel sauce ahead of time and store in the fridge for up to 5 days.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:2.0034782348768%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.83kcal (9.64%), Fat: 1.44g (2.21%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 43.36g (15.77%), Sugar: 34.61g (38.45%), Cholesterol: 4.1mg (1.37%), Sodium: 193.31mg (8.4%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 2.39g (4.77%), Phosphorus: 71.82mg (7.18%), Selenium: 4.47µg (6.39%), Vitamin B2: 0.07mg (3.97%), Vitamin A: 178.59IU (3.57%), Fiber: 0.82g (3.26%), Calcium: 28.67mg (2.87%), Copper: 0.06mg (2.87%), Potassium: 81.62mg (2.33%), Vitamin K: 2.31µg (2.2%), Vitamin B1: 0.03mg (1.79%), Manganese: 0.03mg (1.6%), Vitamin C: 1.09mg (1.32%), Iron: 0.22mg (1.24%), Magnesium: 4.76mg (1.19%), Folate: 4.7µg (1.18%), Vitamin B3: 0.23mg (1.16%)