



Grilled Pound Cake with Peach Sauce

 Gluten Free

READY IN



7 min.

SERVINGS



8

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup honey
- ☐ 16 ounce peaches frozen thawed
- ☐ 16 ounce round cake fat-free
- ☐ 1 cup non-dairy whipped topping fat-free frozen thawed

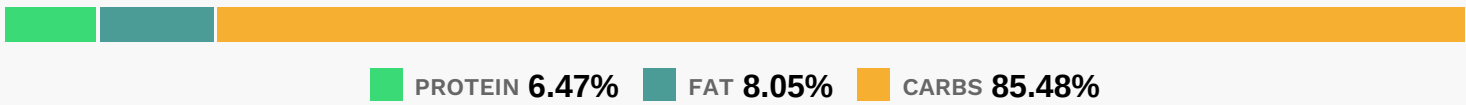
Equipment

- ☐ grill

Directions

- ☐ Combine first 3 ingredients; set aside.
- ☐ Cut cake into 8 slices. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place cake slices on rack; grill, covered, 1 minute on each side or until toasted.
- ☐ Place 1 cake slice on each of 8 individual serving plates. Top cake slices evenly with peach mixture and whipped topping.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:6.51, Inflammation Score:-3, Nutrition Score:5.5830435234567%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 235.13kcal (11.76%), Fat: 2.15g (3.31%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 50.22g (18.26%), Sugar: 35.79g (39.77%), Cholesterol: 59.33mg (19.78%), Sodium: 367.8mg (15.99%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.89g (7.78%), Vitamin B2: 0.23mg (13.67%), Vitamin B1: 0.17mg (11.02%), Iron: 1.78mg (9.9%), Phosphorus: 96.97mg (9.7%), Selenium: 6.72µg (9.59%), Manganese: 0.16mg (8.14%), Vitamin B3: 1.6mg (8%), Folate: 31.86µg (7.96%), Vitamin A: 288.56IU (5.77%), Calcium: 52.75mg (5.27%), Fiber: 1.19g (4.77%), Vitamin B12: 0.27µg (4.58%), Copper: 0.09mg (4.26%), Potassium: 141.31mg (4.04%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.37mg (3.65%), Zinc: 0.47mg (3.15%), Magnesium: 11.76mg (2.94%), Vitamin B6: 0.06mg (2.89%), Vitamin C: 2.38mg (2.88%), Vitamin K: 1.84µg (1.75%)