



Lemon Cream and Blueberry Angel Food Cake

READY IN



20 min.

SERVINGS



10

CALORIES



177 kcal

Ingredients

- 10 oz round angel food cake cut into cubes
- 2 cups blueberries fresh
- 1 cup milk fat-free cold
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 tsp lemon zest
- 2.5 cups cool whip whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mix, milk and zest in medium bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP. Refrigerate 5 min. or until thickened.
- Layer cake cubes, pudding mixture and blueberries in 10 dessert bowls; top with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:1.83, Inflammation Score:-2, Nutrition Score:3.4773913155431%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 176.78kcal (8.84%), Fat: 2.7g (4.15%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 34.77g (12.64%), Sugar: 24.92g (27.69%), Cholesterol: 1.11mg (0.37%), Sodium: 229.94mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Phosphorus: 109.65mg (10.97%), Selenium: 5.4µg (7.71%), Calcium: 72.26mg (7.23%), Vitamin B2: 0.11mg (6.72%), Vitamin K: 6.34µg (6.04%), Manganese: 0.12mg (5.94%), Vitamin C: 3.39mg (4.11%), Potassium: 123.48mg (3.53%), Fiber: 0.87g (3.47%), Vitamin B1: 0.05mg (3.31%), Vitamin B12: 0.19µg (3.14%), Magnesium: 8.36mg (2.09%), Copper: 0.04mg (2.05%), Vitamin D: 0.27µg (1.8%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.04mg (1.77%), Folate: 6.57µg (1.64%), Vitamin A: 80.04IU (1.6%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.22mg (1.44%), Vitamin B3: 0.22mg (1.08%)