



Lime-Glazed Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 10 inch round angel food cake
- ☐ 2 tablespoons coconut flakes unsweetened frozen thawed
- ☐ 2 tablespoons granulated sugar
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest divided
- ☐ 4 large mangoes peeled sliced
- ☐ 1 cup powdered sugar
- ☐ 1 Dash salt

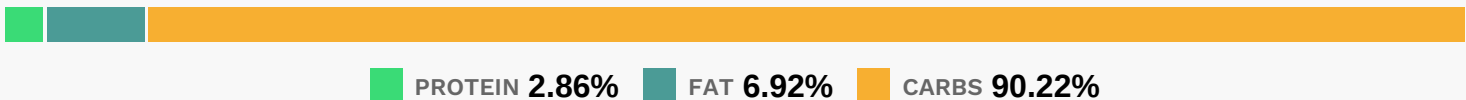
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Preheat oven to 37
- ☐ Spread the coconut on a baking sheet; toast about 57 minutes or until golden. Set aside.
- ☐ Combine powdered sugar, 1 tablespoon water, lime juice, 1/4 teaspoon lime zest, and a dash of salt in a small bowl.
- ☐ Let stand 10 minutes.
- ☐ Pour glaze over cake, sprinkle with the toasted coconut, and let stand 10 minutes or until glaze is set. Stir together mango, granulated sugar, and remaining 1/4 teaspoon lime zest in a large bowl.
- ☐ Use a serrated knife to cut the cake into wedges. Arrange on dessert plates with the mango slices on the side.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:4.1556521969159%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 0.81g (1.25%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 22.62g (8.23%), Sugar: 21.96g (24.4%), Cholesterol: 0mg (0%), Sodium: 15.29mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 25.53mg (30.94%), Vitamin A: 747.25IU (14.94%), Folate: 30.15µg (7.54%), Fiber: 1.25g (5.01%), Copper: 0.09mg (4.29%), Vitamin B6: 0.09mg (4.26%), Vitamin E: 0.63mg (4.19%), Potassium: 125.09mg (3.57%), Manganese: 0.07mg (3.42%), Vitamin K: 2.91µg (2.77%), Vitamin B3: 0.47mg (2.36%), Magnesium: 7.92mg (1.98%), Vitamin B2: 0.03mg (1.96%), Phosphorus: 16.48mg (1.65%), Vitamin B5: 0.15mg (1.47%), Vitamin B1: 0.02mg (1.45%), Selenium: 0.97µg (1.38%)