



Lime-Kiwi Cloud with Strawberry Sauce

READY IN



210 min.

SERVINGS



15

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large angel food cake cut into 1-inch cubes (12 cups)
- 12 oz vanilla yogurt thick yoplait®
- 2 teaspoons lime zest grated
- 0.3 cup juice of lime fresh (2 medium)
- 8 oz cool whip frozen thawed
- 6 kiwi fruit peeled sliced
- 20 oz strawberries frozen thawed
- 2 teaspoons cornstarch

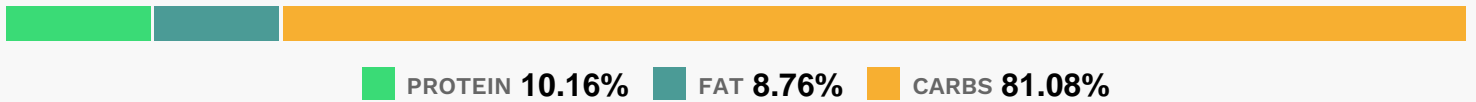
Equipment

- bowl
- sauce pan
- baking pan
- glass baking pan

Directions

- In ungreased 13x9-inch (3-quart) glass baking dish, arrange half of cake cubes.
- In large bowl, mix yogurt, lime peel and lime juice until well blended. Gently stir in whipped topping.
- Spoon half of mixture over cake cubes in baking dish; press down to smooth layer. Arrange kiwifruit slices over mixture. Repeat cake and yogurt layers; press down. Cover; refrigerate until set, at least 3 hours.
- Meanwhile, drain strawberries, reserving liquid in 2-quart saucepan; set strawberries aside. Stir cornstarch into liquid until well blended.
- Heat to boiling over medium heat, stirring constantly.
- Remove from heat; cool 15 minutes. Stir in strawberries. Refrigerate until chilled, at least 30 minutes.
- To serve, cut dessert into squares; place on individual dessert plates. Spoon sauce over each serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:2.97, Inflammation Score:-4, Nutrition Score:8.0565217577893%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg,

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Nutrients (% of daily need)

Calories: 135.37kcal (6.77%), Fat: 1.38g (2.13%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 26.85g (9.76%), Sugar: 17.66g (19.62%), Cholesterol: 3.55mg (1.18%), Sodium: 143.99mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin C: 50.89mg (61.68%), Vitamin K: 15.62µg (14.87%), Vitamin B2: 0.2mg (11.68%), Phosphorus: 115.58mg (11.56%), Manganese: 0.2mg (9.88%), Calcium: 93.6mg (9.36%), Fiber: 1.98g (7.92%), Selenium: 5.27µg (7.53%), Folate: 26.97µg (6.74%), Potassium: 231.5mg (6.61%), Vitamin B12: 0.35µg (5.85%), Vitamin B1: 0.07mg (4.58%), Copper: 0.09mg (4.48%), Magnesium: 17.74mg (4.43%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.58%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.37mg (2.48%), Vitamin B3: 0.4mg (2.01%), Iron: 0.32mg (1.79%), Vitamin A: 74.57IU (1.49%)