



Low-Fat Candy Bar Angel Cake

READY IN



245 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 package peach pie filling instant
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-fat ()
- ☐ 1.4 ounces heath candy bars chopped

Equipment

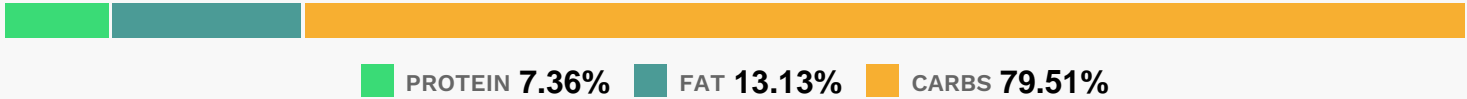
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ cake form
- ☐ serrated knife

Directions

- ☐ Bake and cool cake as directed on package for angel food cake pan (tube pan).
- ☐ Remove from pan. Split cake horizontally to make 2 layers. (To split, mark side of cake with toothpicks and cut with long, serrated knife.)
- ☐ Beat milk and pudding and pie filling (dry) in large bowl, using wire whisk or hand beater, until blended. Fold in whipped topping.
- ☐ Spread half of the chocolate mixture between cake layers; spread remaining mixture over top. Refrigerate at least 1 hour but no longer than 24 hours.
- ☐ Sprinkle candy over top of cake just before serving. Refrigerate any remaining cake.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.9247826363729%

Nutrients (% of daily need)

Calories: 191.07kcal (9.55%), Fat: 2.83g (4.36%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 38.34g (13.94%), Sugar: 29.17g (32.42%), Cholesterol: 1.62mg (0.54%), Sodium: 339.66mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Phosphorus: 158.49mg (15.85%), Calcium: 93.83mg (9.38%), Vitamin B2: 0.14mg (8.17%), Selenium: 5.47µg (7.82%), Folate: 16.66µg (4.16%), Manganese: 0.05mg (2.72%), Vitamin B12: 0.16µg (2.71%), Potassium: 81.16mg (2.32%), Magnesium: 7.48mg (1.87%), Copper: 0.04mg (1.86%), Vitamin B5: 0.17mg (1.73%), Vitamin D: 0.22µg (1.5%), Zinc: 0.16mg (1.1%), Fiber: 0.27g (1.07%), Vitamin A: 50.92IU (1.02%)