



## Low-Fat Chocolate Angel Cake with Raspberry-Orange Sauce

READY IN



190 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 16 oz angel food cake mix
- ☐ 1.3 cups water cold
- ☐ 10 oz raspberries light frozen thawed
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons orange juice
- ☐ 3 cups cool whip frozen thawed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ serrated knife

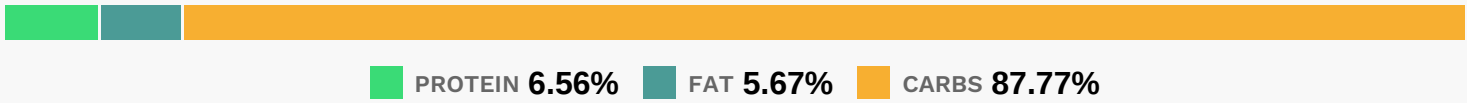
## Directions

- ☐ Move oven rack to lowest position (remove other racks).
- ☐ Heat oven to 350°F. In extra-large glass or metal bowl, stir cocoa into dry cake mix; add water. Beat with electric mixer on low speed 30 seconds. Beat on medium speed 1 minute.
- ☐ Pour into ungreased 10-inch angel food (tube) cake pan. (Do not use fluted tube cake pan or 9-inch angel food pan or batter will overflow.)
- ☐ Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn pan upside down onto glass bottle, or rest edges on 2 to 4 cans of equal height until cake is completely cooled, about 2 hours. Run knife around edge of cake; remove from pan.
- ☐ Drain raspberries, reserving liquid.
- ☐ Add enough water to raspberry liquid to measure 2/3 cup. In 1-quart saucepan, mix sugar and cornstarch; stir in liquid mixture.
- ☐ Heat over medium heat, stirring constantly, until mixture thickens and boils; boil and stir 1 minute. Stir in orange juice and raspberries. Cool completely.
- ☐ Split cake horizontally to make 3 layers. (To split, mark side of cake with toothpicks and cut with long, serrated knife.)
- ☐ Spread 1 cup whipped topping and scant 1/2 cup sauce between each layer (sauce may not completely cover each layer).

- ☐
- Spread remaining sauce over top of cake. Drop remaining whipped cream in dollops on top of sauce.

☐

## Nutrition Facts



### Properties

Glycemic Index:12.34, Glycemic Load:3.39, Inflammation Score:-2, Nutrition Score:5.0086956879367%

### Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

### Nutrients (% of daily need)

Calories: 202.86kcal (10.14%), Fat: 1.33g (2.04%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 44.07g (16.03%), Sugar: 31.64g (35.15%), Cholesterol: 3mg (1%), Sodium: 326.13mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Phosphorus: 153.76mg (15.38%), Vitamin B2: 0.23mg (13.51%), Manganese: 0.25mg (12.26%), Vitamin C: 7.61mg (9.22%), Calcium: 86.22mg (8.62%), Fiber: 2.13g (8.5%), Selenium: 5.56µg (7.94%), Folate: 25.14µg (6.29%), Vitamin B12: 0.3µg (4.94%), Copper: 0.1mg (4.92%), Magnesium: 15.63mg (3.91%), Potassium: 108.78mg (3.11%), Vitamin B1: 0.04mg (2.57%), Iron: 0.4mg (2.23%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 1.96µg (1.87%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.19mg (1.85%), Vitamin B3: 0.34mg (1.7%), Vitamin E: 0.22mg (1.5%)