



Low-Fat Mocha Angel Cake

READY IN



120 min.

SERVINGS



12

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1 box angel food cake mix white
- ☐ 12 servings mint
- ☐ 1.3 cups hot-brewed coffee cold
- ☐ 0.5 cup skim milk fat-free cold (skim)
- ☐ 2 tablespoons powdered sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla
- ☐ 1 envelope non-dairy whipped topping (from 2.8-oz package)

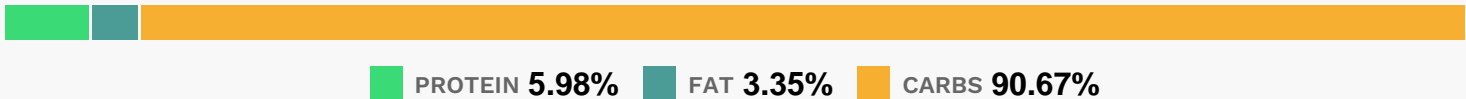
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Move oven rack to middle position (remove other racks).
- ☐ Heat oven to 350F. In extra-large glass or metal bowl, beat cake mix, cold coffee and 1 tablespoon cocoa with electric mixer on low speed 30 seconds; beat on medium speed 1 minute.
- ☐ Pour into two ungreased 9-inch loaf pans.
- ☐ Sprinkle with candy sprinkles.
- ☐ Bake 35 to 45 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately place each loaf pan on its side on heatproof surface. Cool completely, about 1 hour. Run knife around sides of pans to loosen cakes; remove from pans.
- ☐ Make topping mix as directed on package using milk and vanilla; add powdered sugar and 2 teaspoons cocoa for the last minute of beating.
- ☐ Serve cake with topping.
- ☐ Sprinkle with additional candy sprinkles if desired. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.7256521506478%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 192.33kcal (9.62%), Fat: 0.73g (1.12%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 43.76g (15.91%), Sugar: 34.16g (37.96%), Cholesterol: 0.31mg (0.1%), Sodium: 315.24mg (13.71%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 11.22mg (3.74%), Protein: 2.91g (5.83%), Phosphorus: 143.25mg (14.33%), Vitamin B2: 0.14mg (7.95%), Calcium: 72.6mg (7.26%), Selenium: 5.05µg (7.22%), Folate: 16.74µg (4.19%), Manganese: 0.08mg (4.16%), Copper: 0.06mg (2.94%), Magnesium: 9.09mg (2.27%), Potassium: 73.21mg (2.09%), Vitamin B5: 0.2mg (2%), Fiber: 0.4g (1.62%), Vitamin B12: 0.08µg (1.3%), Iron: 0.19mg (1.04%), Zinc: 0.15mg (1.01%)