

Luscious Lime Angel Squares

READY IN



15 min.

SERVINGS



15

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 angel food cake prepared cut into 1-inch cubes (8 inches)
- 2 teaspoons juice of lemon
- 1.5 teaspoons lemon zest grated
- 0.3 ounce gelatin mix sugar-free
- 8 ounces cream cheese cubed reduced-fat
- 0.5 cup sugar
- 1 cup water boiling
- 8 ounces non-dairy whipped topping divided thawed reduced-fat

Equipment

bowl

Directions

- In a small bowl, dissolve gelatin in boiling water. Refrigerate until mixture just begins to thicken, about 35 minutes.
- Place cake cubes in a 13-in. x 9-in. dish coated with cooking spray; set aside.
- In a small bowl, beat cream cheese until smooth. Beat in the sugar, lemon juice and peel.
- Add gelatin mixture; beat until combined. Fold in 1-1/2 cups whipped topping.
- Spread over top of cake, covering completely. Refrigerate for at least 2 hours or until firm.
- Cut into squares; top with remaining whipped topping.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:1.9926087104756%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 150.58kcal (7.53%), Fat: 4.39g (6.75%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 25.27g (9.19%), Sugar: 18.53g (20.59%), Cholesterol: 8.47mg (2.82%), Sodium: 184.51mg (8.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Phosphorus: 87.63mg (8.76%), Selenium: 4.52µg (6.45%), Calcium: 53.02mg (5.3%), Vitamin B2: 0.08mg (4.98%), Vitamin B12: 0.18µg (2.94%), Potassium: 84.4mg (2.41%), Vitamin A: 94.79IU (1.9%), Vitamin B1: 0.03mg (1.74%), Folate: 6.45µg (1.61%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.29%), Magnesium: 4.32mg (1.08%)