



Mixed-Berry Angel Cakes with Almond Sugar

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



86 kcal

DESSERT

Ingredients

- 0.8 teaspoon almond extract
- 1 pound angel food cake mix
- 1 cup blueberries fresh
- 6 ounce raspberries fresh (1 cup)
- 8 ounce strawberries fresh sliced (1 cup)
- 0.7 cup sugar
- 32 servings non-dairy whipped topping frozen thawed

Equipment

- bowl
- oven
- muffin tray

Directions

- Toss together berries in a large bowl. Stir together sugar and extract, and sprinkle over berries, tossing to coat. Cover and chill 1 hour.
- Prepare cake mix according to package directions.
- Place paper baking cups in muffin pans; spoon batter into cups, filling two-thirds full.
- Bake, 1 muffin pan at a time, at 350 for 15 minutes or until lightly browned.
- Remove cupcakes from pans to wire racks; cool.
- Cut cupcakes in half horizontally; spoon 1 tablespoon berry mixture on bottom halves, and cover with tops. Spoon 1 tablespoon berry mixture on top halves, and dollop with whipped topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:1.7699999802786%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Petunidin: 1.48mg, Petunidin: 1.48mg, Petunidin: 1.48mg, Petunidin: 1.48mg Delphinidin: 1.73mg, Delphinidin: 1.73mg, Delphinidin: 1.73mg, Delphinidin: 1.73mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Pelargonidin: 1.81mg, Pelargonidin: 1.81mg, Pelargonidin: 1.81mg, Pelargonidin: 1.81mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 85.94kcal (4.3%), Fat: 0.71g (1.1%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.61g (6.77%), Sugar: 14.97g (16.63%), Cholesterol: 0.09mg (0.03%), Sodium: 119.98mg (5.22%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.19g (2.38%), Vitamin C: 6.01mg (7.28%), Phosphorus: 54.9mg (5.49%), Manganese: 0.1mg (4.95%), Vitamin B2: 0.05mg (2.84%), Selenium: 1.96µg (2.8%), Calcium: 27.67mg (2.77%), Fiber: 0.67g (2.68%), Folate: 9.18µg (2.3%), Vitamin K: 1.62µg (1.54%), Copper: 0.03mg (1.25%), Potassium: 40.1mg (1.15%), Magnesium: 4.25mg (1.06%)