



Mixed Fruit on Toasted Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 4 inch angel food cake
- 1 teaspoon juice of lemon
- 1 pound nectarines sliced
- 8 servings orange custard sauce
- 1 pound plums sliced
- 1 cup raspberries
- 0.3 cup cranberry-raspberry drink
- 0.3 cup sugar

Equipment

- bowl
- frying pan

Directions

- Combine the first 6 ingredients in a large bowl; cover and marinate the fruit mixture 30 minutes in refrigerator, stirring occasionally.
- Place a large nonstick griddle or nonstick skillet coated with cooking spray over medium-high heat until hot. Arrange the angel food cake slices in a single layer on pan, and cook for 2 minutes on each side or until the cake slices are toasted.
- Place 1 cake slice on each of 8 plates, and top each slice with 3/4 cup marinated fruit mixture.
- Drizzle each cake slice with 1/4 cup Orange Custard Sauce.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:12.35, Inflammation Score:-7, Nutrition Score:8.6456522530998%

Flavonoids

Cyanidin: 12.72mg, Cyanidin: 12.72mg, Cyanidin: 12.72mg, Cyanidin: 12.72mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg, Hesperetin: 24.62mg Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Quercetin: 1.93mg, Quercetin: 1.93mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 127.2kcal (6.36%), Fat: 0.55g (0.85%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 26.57g (9.66%), Sugar: 25.95g (28.83%), Cholesterol: 0mg (0%), Sodium: 14.14mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 59.52mg (72.15%), Fiber: 4.9g (19.58%), Vitamin A: 593.22IU (11.86%), Potassium: 353.83mg (10.11%), Manganese: 0.2mg (9.77%), Folate: 36.71µg (9.18%), Vitamin B1: 0.12mg (7.98%), Copper: 0.14mg (6.8%), Vitamin B3: 1.22mg (6.1%), Vitamin K: 6.09µg (5.8%), Vitamin E: 0.83mg (5.52%), Magnesium: 21.7mg (5.42%), Vitamin B6: 0.09mg (4.75%), Vitamin B5: 0.47mg (4.67%), Calcium: 45.7mg (4.57%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 44.1mg (4.41%), Iron: 0.47mg (2.63%), Zinc: 0.31mg (2.05%), Selenium: 0.72µg (1.02%)