



Mother's Little Angel Cake

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



37 kcal

Ingredients

- 1 pkg round angel food cake prepared (10 inch)
- 1 cup strawberries halved
- 8 oz cool whip whipped topping thawed

Equipment

Directions

- Place cake on serving plate.
- Frost top and side of cake with whipped topping. Decorate top of cake with strawberries.

Garnish with fresh mint leaves, if desired.

Refrigerate at least 1 hour or until ready to serve. Store leftover cake in refrigerator.

Nutrition Facts

PROTEIN 5.56% **FAT 48.16%** **CARBS 46.28%**

Properties

Glycemic Index:2.67, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.85739131304233%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 37.11kcal (1.86%), Fat: 2.01g (3.09%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.15g (1.51%), Sugar: 4.06g (4.51%), Cholesterol: 0.3mg (0.1%), Sodium: 11.32mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 5.64mg (6.84%), Manganese: 0.04mg (1.85%), Phosphorus: 13.65mg (1.36%), Calcium: 12.33mg (1.23%)