



Neapolitan Sundaes

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

DESSERT

Ingredients

- 4 ounce angel food cake
- 0.3 cup chocolate chips reduced-fat
- 1.3 cups vanilla nonfat yogurt frozen
- 1 cup strawberries sliced

Equipment

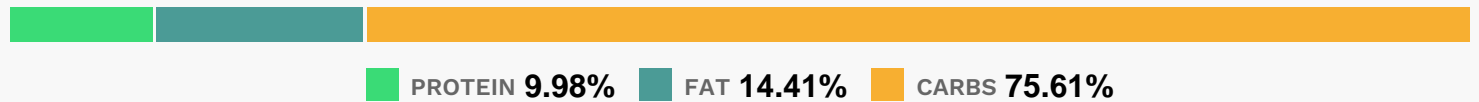
- blender
- ziploc bags
- rolling pin

meat tenderizer

Directions

- Place 1 cup sliced strawberries in container of an electric blender; cover and process until smooth.
- Place 1/4 cup chocolate chips in a small zip-top plastic bag, and crush with a meat mallet or rolling pin.
- Cut 4 (1-ounce) slices angel food cake.
- Drizzle strawberry puree evenly on 4 plates, and place cake slices on top of puree. Top each with 1/3 cup frozen yogurt, and sprinkle each with 1 tablespoon crushed chocolate chips.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:6.1786956489086%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 218.21kcal (10.91%), Fat: 3.57g (5.49%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 41.38g (15.05%), Sugar: 32.35g (35.95%), Cholesterol: 1.63mg (0.54%), Sodium: 192.59mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin C: 21.74mg (26.35%), Phosphorus: 171.59mg (17.16%), Calcium: 161.74mg (16.17%), Selenium: 9.38µg (13.4%), Vitamin B2: 0.21mg (12.15%), Manganese: 0.19mg (9.27%), Potassium: 283.93mg (8.11%), Vitamin B12: 0.39µg (6.54%), Folate: 19.68µg (4.92%), Magnesium:

19.2mg (4.8%), Zinc: 0.69mg (4.61%), Vitamin B1: 0.06mg (4.15%), Fiber: 0.78g (3.11%), Vitamin B6: 0.05mg (2.55%), Copper: 0.05mg (2.28%), Vitamin K: 1.72µg (1.64%), Iron: 0.27mg (1.5%), Vitamin B3: 0.26mg (1.32%), Vitamin E: 0.16mg (1.04%)