



## No-Bake Ice-Cream Angel Food Cake

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



261 kcal

### Ingredients

- 10 inch angel food cake
- 1 pint ice-cream chocolate shell
- 0.3 cup slivered almonds toasted
- 1 pint strawberry ice cream
- 1 pint whipped cream

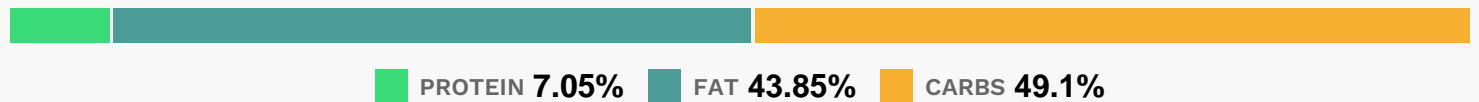
### Equipment

- plastic wrap
- serrated knife

## Directions

- Wrap cake in plastic wrap, and freeze 30 minutes. (Freezing makes it easier to cut into layers.)
- Let ice cream stand at room temperature 20 minutes to soften.
- Slice cake horizontally into 4 equal layers using a serrated knife.
- Place bottom cake layer on a serving plate; spread top of layer with chocolate ice cream, leaving a 1/2-inch border around edge. Top with second cake layer; repeat layers with vanilla ice cream, a cake layer, strawberry ice cream, and remaining cake layer. Wrap cake in plastic wrap, and freeze at least 8 hours or overnight.
- Spread Whipped Cream Frosting on top and sides of cake.
- Sprinkle top evenly with almonds.

## Nutrition Facts



## Properties

Glycemic Index:10.08, Glycemic Load:10.85, Inflammation Score:-4, Nutrition Score:5.9591303746337%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 260.97kcal (13.05%), Fat: 13.12g (20.18%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 31.65g (11.51%), Sugar: 19.12g (21.24%), Cholesterol: 42.19mg (14.06%), Sodium: 96.01mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Vitamin B2: 0.3mg (17.72%), Calcium: 148.6mg (14.86%), Phosphorus: 138.76mg (13.88%), Vitamin A: 456.24IU (9.12%), Potassium: 270.13mg (7.72%), Vitamin B5: 0.74mg (7.44%), Magnesium: 28.72mg (7.18%), Manganese: 0.14mg (7.09%), Vitamin B12: 0.39µg (6.45%), Fiber: 1.39g (5.56%), Vitamin E: 0.81mg (5.42%), Copper: 0.1mg (5.08%), Zinc: 0.71mg (4.72%), Vitamin C: 3.55mg (4.3%), Selenium: 2.86µg (4.09%), Vitamin B1: 0.06mg (3.78%), Folate: 14.28µg (3.57%), Iron: 0.57mg (3.19%), Vitamin B6: 0.06mg (3.18%), Vitamin B3: 0.29mg (1.43%), Vitamin D: 0.16µg (1.05%)