



Orange-Cream Angel Cake

READY IN



10 min.

SERVINGS



12

CALORIES



126 kcal

DESSERT

Ingredients

- 1 angel food cake
- 12 oz creme de cassis yoplait®
- 0.5 cup whipping cream (heavy)
- 2 teaspoons powdered sugar
- 2 tablespoons orange juice concentrate frozen

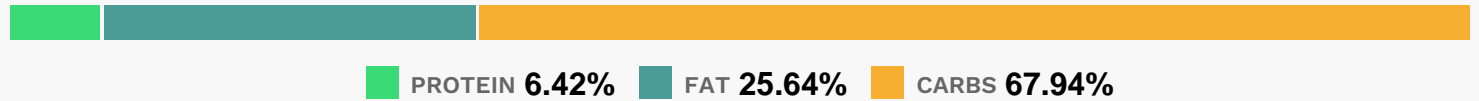
Equipment

- bowl
- hand mixer

Directions

- Cut cake in half horizontally; separate layers.
- Place bottom cake layer, cut side up, on serving plate.
- Spread yogurt over cut surface.
- Place top cake layer on bottom layer, cut side down.
- In medium bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form. On low speed, beat in orange juice concentrate just until blended.
- Serve whipped cream with cake. If desired, garnish with orange peel curls. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8852173958136%

Nutrients (% of daily need)

Calories: 125.94kcal (6.3%), Fat: 3.67g (5.65%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 21.8g (7.93%), Sugar: 13.76g (15.29%), Cholesterol: 11.21mg (3.74%), Sodium: 151.04mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Phosphorus: 72.99mg (7.3%), Selenium: 4.64µg (6.63%), Vitamin C: 3.63mg (4.4%), Vitamin B2: 0.07mg (4.39%), Calcium: 32.7mg (3.27%), Vitamin A: 155.12IU (3.1%), Vitamin B1: 0.03mg (1.98%), Potassium: 63.46mg (1.81%), Folate: 5.98µg (1.49%), Copper: 0.02mg (1.21%), Manganese: 0.02mg (1.14%), Vitamin D: 0.16µg (1.06%), Magnesium: 4.11mg (1.03%)