



Orange-Cream Angel Cake

READY IN



10 min.

SERVINGS



12

CALORIES



129 kcal

DESSERT

Ingredients

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

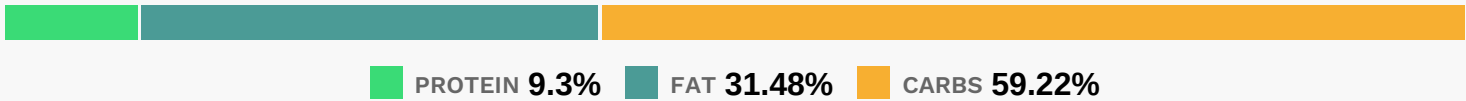
Equipment

- ☐ 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:1.58, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.6552173922891%

Nutrients (% of daily need)

Calories: 128.77kcal (6.44%), Fat: 4.59g (7.07%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 19.35g (7.04%), Sugar: 11.31g (12.57%), Cholesterol: 14.89mg (4.96%), Sodium: 160.68mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Phosphorus: 99.92mg (9.99%), Selenium: 5.27µg (7.53%), Vitamin B2: 0.11mg (6.76%), Calcium: 65.59mg (6.56%), Vitamin C: 3.77mg (4.58%), Vitamin A: 183.18IU (3.66%), Potassium: 107.12mg (3.06%), Vitamin B1: 0.04mg (2.53%), Vitamin B12: 0.13µg (2.15%), Folate: 7.96µg (1.99%), Magnesium: 7.23mg (1.81%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.23mg (1.55%), Vitamin D: 0.19µg (1.25%), Copper: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.02%), Manganese: 0.02mg (1.01%)