



Peach Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce angel food cake mix
- ☐ 15 ounce peaches diced canned

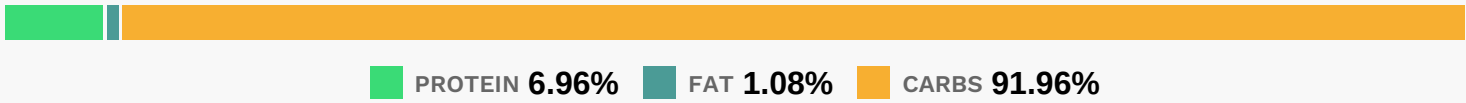
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ In a large bowl, combine cake mix, peaches and juice (do not add water).
- ☐ Mix well.
- ☐ Pour into tube pan or 2 loaf pans.
- ☐ Bake according to directions on cake package.
- ☐ If desired, serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:1.84, Inflammation Score:-2, Nutrition Score:4.7317390856536%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 259.03kcal (12.95%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 61.07g (20.36%), Net Carbohydrates: 59.95g (21.8%), Sugar: 44.12g (49.03%), Cholesterol: 0mg (0%), Sodium: 538.52mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.25%), Phosphorus: 229.64mg (22.96%), Selenium: 9.27µg (13.24%), Vitamin B2: 0.19mg (11.13%), Calcium: 101.07mg (10.11%), Folate: 30.35µg (7.59%), Manganese: 0.12mg (6.21%), Copper: 0.1mg (5.11%), Fiber: 1.12g (4.48%), Potassium: 123.7mg (3.53%), Vitamin A: 173.29IU (3.47%), Vitamin B3: 0.6mg (3.01%), Magnesium: 11.37mg (2.84%), Vitamin C: 2.18mg (2.64%), Vitamin E: 0.39mg (2.59%), Vitamin B5: 0.25mg (2.52%), Iron: 0.36mg (1.97%), Vitamin K: 1.66µg (1.58%), Zinc: 0.23mg (1.5%)