



Peaches 'n Cream Angel Cake

 Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 box angel food cake mix white betty crocker®
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup peaches sliced
- ☐ 0.5 cup strawberries
- ☐ 1 tablespoon water cold
- ☐ 3 cups non-dairy whipped topping frozen thawed reduced-fat ()

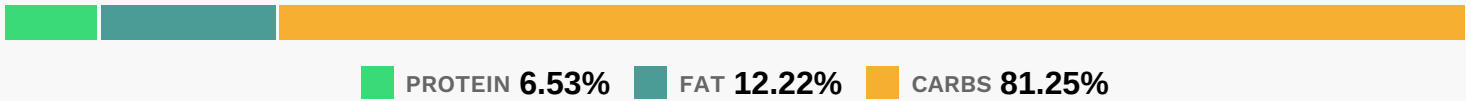
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In 1-quart saucepan, heat jelly to boiling. In small bowl, mix cornstarch and 1 tablespoon water; stir into jelly.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Cool completely.
- ☐ Bake and cool cake as directed on box for angel food (tube) pan.
- ☐ Remove from pan.
- ☐ In medium bowl, gently fold cinnamon into whipped topping.
- ☐ Spread on top and side of cake. Arrange peach slices on top. Stir glaze; spread over peaches and top of cake, allowing some to drizzle down side. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:3.0673912970916%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 188.95kcal (9.45%), Fat: 2.61g (4.02%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 38.52g (14.01%), Sugar: 28.95g (32.17%), Cholesterol: 0.38mg (0.13%), Sodium: 325.63mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Phosphorus: 145.45mg (14.55%), Selenium: 5.51µg (7.87%), Calcium: 73.42mg (7.34%), Vitamin B2: 0.12mg (7.24%), Manganese: 0.1mg (4.97%), Vitamin C: 4.06mg (4.92%), Folate: 18.63µg (4.66%), Copper: 0.05mg (2.54%), Potassium: 78.5mg (2.24%), Fiber: 0.55g (2.19%), Magnesium: 7.34mg (1.84%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.27%), Vitamin B3: 0.25mg (1.24%), Vitamin A: 56.68IU (1.13%), Vitamin K: 1.18µg (1.12%), Iron: 0.2mg (1.1%)