



Pineapple Sherbet Clouds

 Dairy Free

READY IN



13 min.

SERVINGS



8

CALORIES



162 kcal

Ingredients

- ☐ 8 pieces angel food cake (1/2-inch-thick)
- ☐ 0.5 cup blueberries fresh
- ☐ 0.5 cup lemon curd
- ☐ 4 cups pineapple sherbet

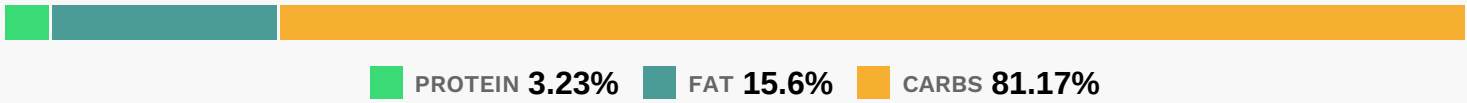
Equipment

Directions

- ☐ Place angel food cake pieces evenly into 8 individual dessert dishes.

- ☐
- Scoop 1/2 cup sherbet over cake in each dish; top each serving with 1 tablespoon lemon curd and 1 tablespoon berries.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:11.43, Inflammation Score:-1, Nutrition Score:1.8508695843427%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.72kcal (8.09%), Fat: 2.81g (4.33%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.73g (11.54%), Sugar: 27.68g (30.76%), Cholesterol: 0.74mg (0.25%), Sodium: 81.62mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Fiber: 1.21g (4.86%), Vitamin B2: 0.08mg (4.55%), Calcium: 41.35mg (4.14%), Phosphorus: 33.03mg (3.3%), Vitamin C: 2.6mg (3.15%), Zinc: 0.37mg (2.48%), Potassium: 79.51mg (2.27%), Manganese: 0.04mg (1.99%), Selenium: 1.27µg (1.82%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.79µg (1.7%), Magnesium: 6.55mg (1.64%), Vitamin B12: 0.1µg (1.61%), Vitamin B1: 0.02mg (1.61%), Copper: 0.03mg (1.33%), Vitamin B6: 0.02mg (1.09%)