



Raspberry Fool with Toasted Angel Food Cake



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup crème fraîche sour
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon lime zest finely grated plus more for serving
- ☐ 12 ounces raspberries
- ☐ 2 tablespoons sugar

Equipment

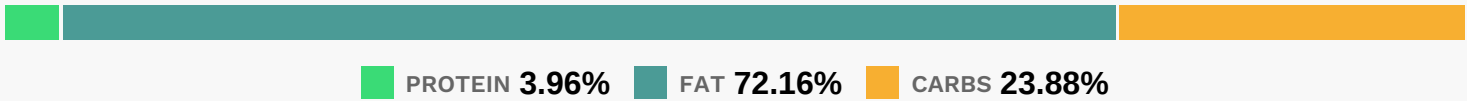
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Spread cake pieces on a parchment-lined baking sheet. Toast until edges are golden brown but centers are still soft, 8–10 minutes.
- ☐ Let cool; set aside.
- ☐ Using a fork, coarsely mash raspberries, 2 tablespoons sugar, and 1 teaspoon lime zest in a small bowl.
- ☐ Let sit 5 minutes.
- ☐ Meanwhile, beat cream, crème fraîche, and remaining 1/4 cup sugar in a medium bowl until soft peaks form, about 2 minutes.
- ☐ Layer cake, raspberry mixture, and cream mixture in glasses or small bowls; top with lime zest.
- ☐ More ideas for...Angel food cake
- ☐ We know: Angel food cake is so 1994 (the fat-free era). But it's worthy of a comeback. Its airy texture absorbs ripe fruit juices, and most markets stock it, so you don't even need to turn on the oven. Here are more sweet ways to enjoy your new (old) favorite: Peaches & Cream In a loaf pan, layer slices of cake with vanilla ice cream and sliced peaches tossed with a bit of sugar. Repeat layers and press down to compress; freeze 2 hours.
- ☐ Cut into slices and serve. French-ish toast Sub cake slices for bread in your favorite French toast recipe. Top with boozy cherries and mascarpone. Toasted shortcake
- ☐ Brush thick slices of cake with olive oil, then toast until golden. Top with almond butter, strawberries, a drizzle of olive oil, and flaky sea salt.
- ☐ Per serving: calories 330, fat 16 g, fiber 0 g
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:3.6, Inflammation Score:-5, Nutrition Score:5.6586956407713%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 198.83kcal (9.94%), Fat: 16.56g (25.48%), Saturated Fat: 10.1g (63.14%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 8.64g (3.14%), Sugar: 7.99g (8.88%), Cholesterol: 50.48mg (16.83%), Sodium: 14.29mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Manganese: 0.38mg (19.08%), Vitamin C: 15.28mg (18.52%), Fiber: 3.69g (14.78%), Vitamin A: 661.68IU (13.23%), Vitamin B2: 0.11mg (6.65%), Vitamin E: 0.9mg (5.97%), Vitamin K: 5.84µg (5.56%), Calcium: 50.18mg (5.02%), Phosphorus: 46.79mg (4.68%), Vitamin D: 0.63µg (4.23%), Magnesium: 16.23mg (4.06%), Potassium: 135.7mg (3.88%), Folate: 14.1µg (3.52%), Vitamin B5: 0.32mg (3.21%), Copper: 0.06mg (2.88%), Vitamin B6: 0.05mg (2.46%), Iron: 0.44mg (2.45%), Zinc: 0.37mg (2.44%), Selenium: 1.68µg (2.4%), Vitamin B1: 0.03mg (1.87%), Vitamin B3: 0.37mg (1.87%), Vitamin B12: 0.08µg (1.39%)