



Rum Ricotta Cake

READY IN



120 min.

SERVINGS



12

CALORIES



268 kcal

Ingredients

- ☐ 1 large angel food cake store-bought
- ☐ 1 box gelatin dessert sugar-free peach flavored
- ☐ 15 ounce ricotta cheese low-fat
- ☐ 5 slices peaches frozen for garnish (from bag of peaches)
- ☐ 16 ounce peaches frozen drained
- ☐ 2 tablespoons rum extract
- ☐ 12 ounce non-dairy whipped topping
- ☐ 1 cup grape juice white

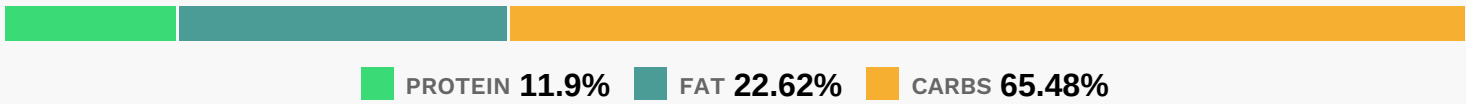
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ Invert cake onto serving plate.
- ☐ Cut 1-inch off across the top of cake. Set aside. With a serrated knife, hollow out center of cake leaving a 1-inch border. In the meantime, warm the grape juice in the microwave for 1 minute.
- ☐ Pour over gelatin mix and combine with juice as you would water.
- ☐ Mix thoroughly and add in peaches and ricotta cheese. Chill in refrigerator for about 30 minutes. In a separate bowl, combine non-dairy topping with rum extract and whisk thoroughly. Fill the center of cake with peach ricotta gelatin mix. Return top of cake. Frost cake on top and sides with non-dairy topping and rum extract mixture, completely coating cake. Chill for 1 hour before serving.
- ☐ Garnish with peach slices.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:3.53, Inflammation Score:-4, Nutrition Score:6.5339130208544%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 5.19mg, Catechin: 5.19mg, Catechin: 5.19mg, Catechin: 5.19mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 267.69kcal (13.38%), Fat: 6.9g (10.62%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 43.34g (15.76%), Sugar: 33.09g (36.76%), Cholesterol: 11.55mg (3.85%), Sodium: 256.81mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.35%), Selenium: 13.55µg (19.36%), Phosphorus: 186.93mg (18.69%), Calcium: 146.93mg (14.69%), Vitamin B2: 0.18mg (10.61%), Vitamin A: 491.15IU (9.82%), Potassium: 258mg (7.37%), Manganese: 0.13mg (6.74%), Fiber: 1.63g (6.51%), Copper: 0.13mg (6.29%), Vitamin E: 0.91mg (6.09%), Zinc: 0.79mg (5.27%), Vitamin C: 4.2mg (5.09%), Magnesium: 19.97mg (4.99%), Vitamin B3: 0.95mg (4.75%), Vitamin B1: 0.06mg (4.16%), Vitamin K: 4.33µg (4.12%), Folate: 15.47µg (3.87%), Iron: 0.66mg (3.66%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.17µg (2.8%), Vitamin B6: 0.05mg (2.32%)