



Strawberry Angel Cake

READY IN



45 min.

SERVINGS



16

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 10 inch round angel food cake
- ☐ 8 ounce block softened
- ☐ 2 tablespoons evaporated skim milk
- ☐ 3 tablespoons orange juice orange-flavored divided (liqueur)
- ☐ 4 cups strawberries sliced
- ☐ 0.8 cup sugar divided
- ☐ 8 ounce non-dairy whipped topping frozen thawed reduced-calorie

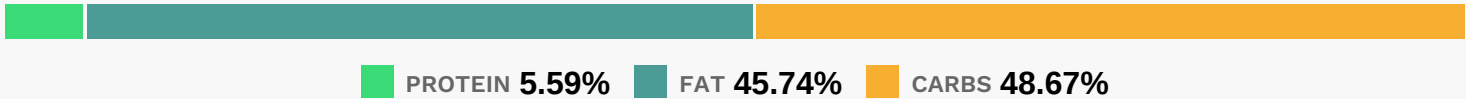
Equipment

- ☐ bowl
- ☐ blender
- ☐ slotted spoon
- ☐ serrated knife

Directions

- ☐ Combine strawberries and 1/4 cup sugar in a small bowl; cover and let stand 1 hour.
- ☐ Combine 1/2 cup sugar, milk, and cream cheese in a medium bowl; beat at medium speed of a mixer until smooth.
- ☐ Cut cake horizontally into 3 layers using a serrated knife; place bottom layer, cut side up, on a serving plate.
- ☐ Brush with 1 tablespoon liqueur, and spread half of cream cheese mixture over cake. Spoon one-third of strawberries over cream cheese mixture using a slotted spoon. Repeat layers, ending with cake and liqueur.
- ☐ Spread whipped topping over top and sides of cake. Cover; chill 30 minutes. Arrange remaining strawberries on top of cake before serving; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:7.75, Inflammation Score:-3, Nutrition Score:3.7778261277987%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg

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Nutrients (% of daily need)

Calories: 143.19kcal (7.16%), Fat: 7.51g (11.55%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.09g (6.22%), Sugar: 16.01g (17.79%), Cholesterol: 14.68mg (4.89%), Sodium: 65.48mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 22.78mg (27.62%), Manganese: 0.17mg (8.55%), Phosphorus: 48.19mg (4.82%), Vitamin B2: 0.08mg (4.64%), Vitamin A: 218.95IU (4.38%), Vitamin E: 0.62mg (4.12%), Calcium: 40.15mg (4.02%), Fiber: 0.89g (3.54%), Potassium: 112.2mg (3.21%), Folate: 12.22µg (3.06%), Selenium: 2.1µg (3.01%), Magnesium: 11.31mg (2.83%), Copper: 0.04mg (1.88%), Vitamin B6: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.48%), Vitamin K: 1.55µg (1.47%), Iron: 0.24mg (1.35%), Zinc: 0.2mg (1.31%), Vitamin B3: 0.23mg (1.15%), Vitamin B12: 0.06µg (1.08%)