



## Strawberry Angel Food Dessert

 Popular

READY IN



15 min.

SERVINGS



15

CALORIES



216 kcal

DESSERT

### Ingredients

- ☐ 10 inch angel food cake
- ☐ 16 ounce cream cheese softened
- ☐ 1 quart strawberries fresh sliced
- ☐ 18 ounce strawberry glaze
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

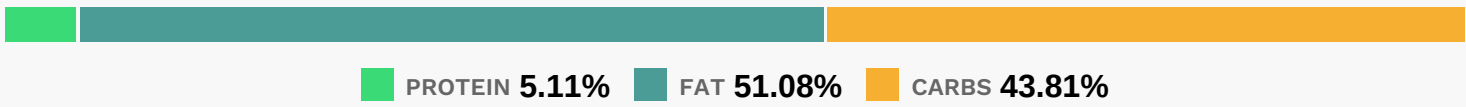
### Equipment

- ☐ bowl

# Directions

- ☐ Crumble the cake into a 9x13 inch dish.
- ☐ Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake.
- ☐ In a bowl, combine strawberries and glaze until strawberries are evenly coated.
- ☐ Spread over cream cheese layer. Chill until serving.

# Nutrition Facts



# Properties

Glycemic Index:9.14, Glycemic Load:11.19, Inflammation Score:-4, Nutrition Score:5.5086957216263%

# Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.68mg, Pelargonidin: 15.68mg, Pelargonidin: 15.68mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 215.58kcal (10.78%), Fat: 12.62g (19.42%), Saturated Fat: 7.83g (48.92%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.09g (8.4%), Sugar: 21.61g (24.02%), Cholesterol: 30.84mg (10.28%), Sodium: 115.26mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 37.1mg (44.97%), Manganese: 0.25mg (12.42%), Vitamin A: 424.88IU (8.5%), Phosphorus: 62.62mg (6.26%), Vitamin B2: 0.1mg (6.04%), Calcium: 51.72mg (5.17%), Selenium: 3.55µg (5.08%), Fiber: 1.27g (5.06%), Folate: 18.54µg (4.63%), Potassium: 154.27mg (4.41%), Vitamin E: 0.52mg (3.46%), Magnesium: 12.12mg (3.03%), Vitamin B5: 0.25mg (2.53%), Vitamin B6: 0.05mg

(2.48%), Vitamin K: 2.51µg (2.39%), Copper: 0.04mg (1.97%), Iron: 0.32mg (1.76%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.26mg (1.72%), Vitamin B12: 0.1µg (1.62%), Vitamin B3: 0.29mg (1.44%)