



Strawberry Angel Semifreddo

READY IN



335 min.

SERVINGS



16

CALORIES



231 kcal

Ingredients

- 8 oz angel food cake
- 2 tablespoons orange juice orange-flavored
- 1 teaspoon orange zest grated
- 1 lb strawberries fresh quartered (3 cups)
- 16 strawberries fresh sliced
- 14 oz condensed milk sweetened canned (not evaporated)
- 2 cups whipping cream

Equipment

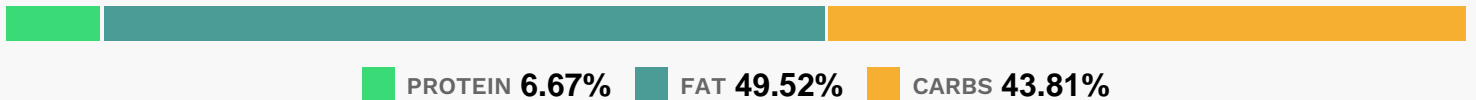
- food processor

- bowl
- plastic wrap
- loaf pan
- hand mixer

Directions

- Line 2 (8x4-inch) loaf pans with plastic wrap, allowing 4 inches wrap to hang over short ends of pans. In food processor bowl with metal blade, place quartered strawberries. Cover; process with on-and-off pulses until almost pureed but with a few small pieces remaining. In large bowl, stir pureed strawberries, milk, liqueur and orange peel until well mixed.
- Trim or brush any dark brown crust from angel food cake; cut cake into 3/4-inch cubes. In large bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream and cake cubes into strawberry mixture. Spoon mixture evenly into pans. Fold plastic wrap over mixture. Freeze at least 5 hours until firm.
- To serve, remove dessert from freezer 5 to 10 minutes before serving. Unwrap and unmold onto serving platter; remove plastic wrap.
- Garnish tops of loaves with strawberry slices.

Nutrition Facts



Properties

Glycemic Index: 12.06, Glycemic Load: 9.26, Inflammation Score: -4, Nutrition Score: 6.0239130932352%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Pelargonidin: 10.03mg, Pelargonidin: 10.03mg, Pelargonidin: 10.03mg, Pelargonidin: 10.03mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg,

Hesperetin: 0.25mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 231.2kcal (11.56%), Fat: 13.07g (20.1%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 25.16g (9.15%), Sugar: 20.84g (23.15%), Cholesterol: 42.05mg (14.02%), Sodium: 112.4mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin C: 25.78mg (31.25%), Phosphorus: 122.97mg (12.3%), Vitamin B2: 0.19mg (11.44%), Calcium: 108.88mg (10.89%), Vitamin A: 513.17IU (10.26%), Selenium: 6.9µg (9.85%), Manganese: 0.17mg (8.34%), Potassium: 205.68mg (5.88%), Folate: 16.12µg (4.03%), Magnesium: 15.17mg (3.79%), Vitamin D: 0.53µg (3.5%), Fiber: 0.85g (3.41%), Vitamin B1: 0.05mg (3.37%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.43mg (2.89%), Vitamin B12: 0.16µg (2.68%), Zinc: 0.38mg (2.54%), Vitamin B6: 0.04mg (2.19%), Vitamin K: 2µg (1.91%), Copper: 0.04mg (1.85%), Iron: 0.28mg (1.56%), Vitamin B3: 0.26mg (1.29%)