



## Strawberry Cream Angel Cake

READY IN



210 min.

SERVINGS



12

CALORIES



272 kcal

DESSERT

### Ingredients

- 16 oz angel food cake mix
- 1.3 cups water cold
- 1.5 cups whipping cream
- 0.8 cup glaze (from a 13.5-oz container)
- 1 quart strawberries finely chopped
- 2 tablespoons granulated sugar

### Equipment

- bowl

- frying pan
- oven
- hand mixer
- cake form

## Directions

- Move oven rack to lowest position (remove other racks).
- Heat oven to 350°F. In extra-large glass or metal bowl, beat cake mix and cold water with electric mixer on low speed 30 seconds. Beat on medium speed 1 minute.
- Pour into ungreased 10-inch angel food (tube) cake pan. (Do not use fluted tube cake pan or 9-inch angel food pan or batter will overflow.)
- Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and are not sticky. Do not under bake. Immediately turn pan upside down onto glass bottle until cake is completely cool, about 2 hours.
- In medium bowl, beat whipping cream on high speed until stiff peaks form. Fold strawberry glaze into whipped cream.
- On serving plate, place cake with browned side down. Frost top and sides of cake with strawberry cream mixture. Refrigerate for at least 30 minutes before serving.
- In small bowl, mix strawberries and sugar; refrigerate until serving. Spoon about 1/4 cup chopped strawberry mixture over each serving. Store covered in refrigerator.

## Nutrition Facts



**PROTEIN 5.4%** **FAT 35.54%** **CARBS 59.06%**

## Properties

Glycemic Index:9.17, Glycemic Load:3.19, Inflammation Score:-5, Nutrition Score:7.8499999616457%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 272.43kcal (13.62%), Fat: 11.08g (17.05%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.68g (14.43%), Sugar: 29.9g (33.23%), Cholesterol: 33.62mg (11.21%), Sodium: 320.87mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 46.55mg (56.42%), Manganese: 0.36mg (17.92%), Phosphorus: 163.57mg (16.36%), Vitamin B2: 0.17mg (10.27%), Calcium: 90.89mg (9.09%), Folate: 35.99µg (9%), Vitamin A: 446.79IU (8.94%), Selenium: 5.98µg (8.55%), Fiber: 1.77g (7.07%), Potassium: 183.36mg (5.24%), Magnesium: 16.76mg (4.19%), Copper: 0.08mg (4.05%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.72µg (2.6%), Vitamin B6: 0.05mg (2.54%), Iron: 0.46mg (2.53%), Vitamin B3: 0.42mg (2.12%), Vitamin B1: 0.02mg (1.66%), Zinc: 0.25mg (1.63%), Vitamin B12: 0.07µg (1.11%)