



Strawberry Cream Angel Cake

READY IN



210 min.

SERVINGS



12

CALORIES



272 kcal

DESSERT

Ingredients

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

Equipment

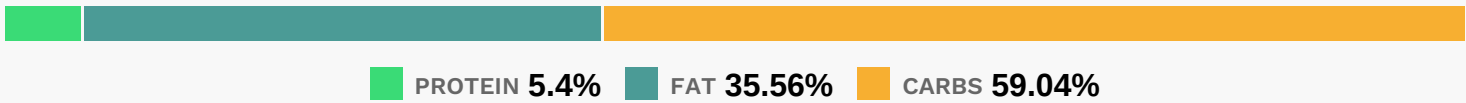
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Move oven rack to lowest position (remove other racks).
- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:9.17, Glycemic Load:3.19, Inflammation Score:-5, Nutrition Score:7.8452172745829%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin:

0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 272.25kcal (13.61%), Fat: 11.08g (17.05%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 39.64g (14.42%), Sugar: 29.87g (33.19%), Cholesterol: 33.62mg (11.21%), Sodium: 320.38mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 46.55mg (56.42%), Manganese: 0.36mg (17.92%), Phosphorus: 163.4mg (16.34%), Vitamin B2: 0.17mg (10.26%), Calcium: 90.77mg (9.08%), Folate: 35.97µg (8.99%), Vitamin A: 446.79IU (8.94%), Selenium: 5.98µg (8.54%), Fiber: 1.77g (7.06%), Potassium: 183.32mg (5.24%), Magnesium: 16.73mg (4.18%), Copper: 0.08mg (4.03%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.72µg (2.59%), Vitamin B6: 0.05mg (2.54%), Iron: 0.46mg (2.53%), Vitamin B3: 0.42mg (2.12%), Vitamin B1: 0.02mg (1.66%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.07µg (1.11%)