



Strawberry Cream Angel Food Cake

READY IN



15 min.

SERVINGS



6

CALORIES



243 kcal

Ingredients

- 12 oz strawberry yogurt fat free
- 0.5 cup non-dairy whipped topping frozen thawed reduced-fat ()
- 12 oz angel food cake (10-inches)
- 2 cups strawberries fresh sliced
- 0.8 cup blueberries fresh

Equipment

- bowl

Directions

- In medium bowl, place yogurt; fold in whipped topping.
- Cut angel food cake loaf into 6 slices; place on individual dessert plates. Top each slice with about 3 tablespoons of the yogurt mixture. Spoon about 3 tablespoons of strawberries and generous tablespoon of blueberries over yogurt mixture.

Nutrition Facts

PROTEIN 10.01%

FAT 6.13%

CARBS 83.86%

Properties

Glycemic Index:13.33, Glycemic Load:1.99, Inflammation Score:-3, Nutrition Score:6.9730434314064%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 243.45kcal (12.17%), Fat: 1.7g (2.62%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 50.72g (18.44%), Sugar: 32.71g (36.34%), Cholesterol: 5.23mg (1.74%), Sodium: 326.08mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin C: 30.02mg (36.39%), Phosphorus: 194.13mg (19.41%), Manganese: 0.28mg (14.16%), Vitamin B2: 0.23mg (13.47%), Selenium: 9.04µg (12.91%), Calcium: 122.09mg (12.21%), Potassium: 270.9mg (7.74%), Fiber: 1.69g (6.75%), Vitamin B12: 0.32µg (5.41%), Folate: 20.19µg (5.05%), Vitamin K: 4.88µg (4.65%), Vitamin B1: 0.06mg (4.1%), Copper: 0.07mg (3.64%), Magnesium: 12.32mg (3.08%), Iron: 0.46mg (2.55%), Vitamin E: 0.28mg (1.88%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.18mg (1.18%)