

Toasted Angel Food Cake

READY IN



10 min.

SERVINGS



1

CALORIES



317 kcal

DESSERT

Ingredients

- 2 slices angel food cake (3/)
- 2 teaspoons butter softened
- 1 serving powdered sugar
- 1 tablespoon cream cheese softened
- 1 teaspoons raspberry jam

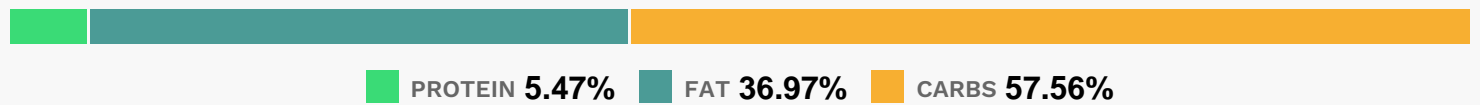
Equipment

- frying pan

Directions

- Spread cream cheese on one slice of cake; spread preserves on second slice.
- Place slices together, sandwich-style.
- Spread butter on outsides of cake.
- In a large skillet or griddle, toast sandwiches until cake is lightly browned on both sides and cream cheese is melted. Dust with confectioners' sugar.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:2.83, Inflammation Score:-3, Nutrition Score:3.4178261445916%

Nutrients (% of daily need)

Calories: 316.95kcal (15.85%), Fat: 13.27g (20.42%), Saturated Fat: 8.09g (50.59%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 46.3g (16.84%), Sugar: 28.85g (32.06%), Cholesterol: 36.15mg (12.05%), Sodium: 398.39mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Phosphorus: 149.16mg (14.92%), Selenium: 10.1µg (14.43%), Vitamin A: 444.64IU (8.89%), Vitamin B2: 0.15mg (8.56%), Calcium: 64.99mg (6.5%), Vitamin B1: 0.05mg (3.09%), Potassium: 102.69mg (2.93%), Vitamin E: 0.37mg (2.47%), Folate: 9.65µg (2.41%), Copper: 0.05mg (2.41%), Manganese: 0.04mg (2%), Magnesium: 6.26mg (1.57%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.07µg (1.09%), Zinc: 0.16mg (1.06%), Iron: 0.19mg (1.03%), Vitamin K: 1.06µg (1.01%)