



## Triple-Berry Angel Shortcakes

 Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



215 kcal

DESSERT

### Ingredients

- 16 oz angel food cake mix
- 1.3 cups water cold
- 21 oz peach pie filling canned
- 3 cups strawberries fresh sliced
- 2 cups blueberries fresh
- 1 serving whipped cream

### Equipment

- bowl

frying pan

oven

## Directions

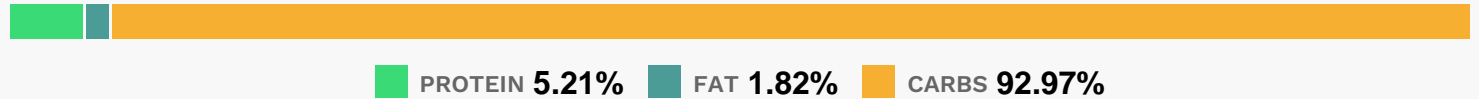
Heat oven to 350°F. Make and bake cake mix as directed on box for angel food (tube) pan, using cold water. Cool completely, about 2 hours.

In medium bowl, mix pie filling, strawberries and blueberries.

Cut cake into 12 slices.

Cut each slice in half diagonally to make 2 triangles. Arrange 2 triangles on each of 12 serving plates. Top with fruit mixture and whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:5.4513043441364%

## Flavonoids

Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg Delphinidin: 8.85mg, Delphinidin: 8.85mg, Delphinidin: 8.85mg, Delphinidin: 8.85mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 214.82kcal (10.74%), Fat: 0.45g (0.7%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 49.91g (18.15%), Sugar: 34.29g (38.1%), Cholesterol: 0.38mg (0.13%), Sodium: 335.99mg (14.61%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin C: 24.4mg (29.58%), Manganese: 0.29mg (14.45%), Phosphorus: 142.9mg (14.29%), Fiber: 2g (7.99%), Vitamin B2: 0.12mg (7.34%), Selenium: 5.09µg (7.27%), Calcium: 68.35mg (6.84%), Folate: 26.01µg (6.5%), Vitamin K: 5.85µg (5.57%), Copper: 0.1mg (4.92%), Potassium: 131.53mg (3.76%), Magnesium: 11.63mg (2.91%), Iron: 0.46mg (2.57%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.2mg (1.98%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.59%), Zinc: 0.17mg (1.16%)