



## Triple-Berry Angel Shortcakes

 Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



229 kcal

DESSERT

### Ingredients

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

### Equipment

- bowl

frying pan

oven

## Directions

- Heat oven to 350F. 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

 PROTEIN 5.19% FAT 6.34% CARBS 88.47%

## Properties

Glycemic Index:11.25, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:5.6204347623431%

## 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: 228.96kcal (11.45%), Fat: 1.67g (2.58%), Saturated Fat: 0.86g (5.41%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 50.6g (18.4%), Sugar: 34.73g (38.58%), Cholesterol: 4.56mg (1.52%), Sodium: 336.35mg (14.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin C: 24.4mg (29.58%), Phosphorus: 147.8mg (14.78%), Manganese: 0.29mg (14.45%), Fiber: 2g (7.99%), Vitamin B2: 0.13mg (7.55%), Calcium: 73.86mg (7.39%), Selenium: 5.16µg (7.38%), Folate: 26.18µg (6.54%), Vitamin K: 5.95µg (5.67%), Copper: 0.1mg (4.94%), Potassium: 139.62mg (3.99%), Magnesium: 12.22mg (3.05%), Iron: 0.47mg (2.59%), Vitamin B6: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.15%), Vitamin E: 0.3mg (2.02%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.03mg (1.73%), Vitamin A: 70.65IU (1.41%), Zinc: 0.19mg (1.3%)