



Triple-Berry Angel Shortcakes

 Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 1 lb angel food cake mix betty crocker®
- ☐ 21 oz peach pie filling canned
- ☐ 2 cups blueberries fresh
- ☐ 3 cups strawberries fresh sliced
- ☐ 1.3 cups water cold

Equipment

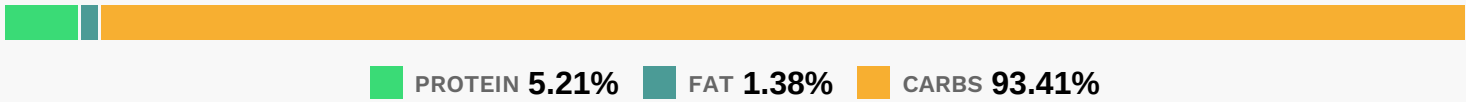
- ☐ bowl
- ☐ frying pan

☐ 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:6.67, Glycemic Load:2.01, Inflammation Score:-3, Nutrition Score:5.4352173857067%

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 Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 49.85g (18.13%), Sugar: 34.25g (38.05%), Cholesterol: 0mg (0%), Sodium: 335.87mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin C: 24.4mg (29.58%), Manganese: 0.29mg (14.45%), Phosphorus: 142.46mg (14.25%), Fiber: 2g (7.99%), Vitamin B2: 0.12mg (7.32%), Selenium: 5.08µg

(7.26%), Calcium: 67.8mg (6.78%), Folate: 26µg (6.5%), Vitamin K: 5.84µg (5.56%), Copper: 0.1mg (4.91%), Potassium: 130.8mg (3.74%), Magnesium: 11.56mg (2.89%), Iron: 0.46mg (2.57%), Vitamin B6: 0.04mg (2.05%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.26mg (1.77%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.17mg (1.15%)