



Vanilla Sponge Cakes with Fresh Berry Filling



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries
- ☐ 1.5 cups strawberries sliced
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

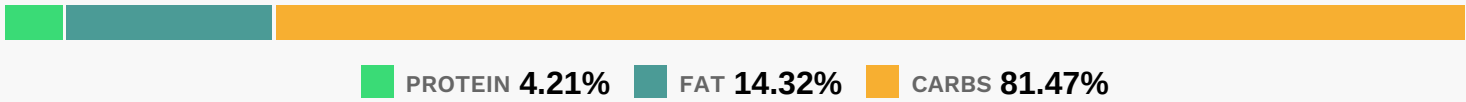
Equipment

- ☐ bowl

Directions

- ☐ Combine berries and sugar in a medium bowl, stirring until juice forms.
- ☐ Place bottom half of a sponge cake on each of 4 individual serving plates. Spoon 3/4 cup berry mixture over cake bottoms. Top berry mixture with 2 tablespoons whipped topping and top half of sponge cake.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:8.1, Inflammation Score:-4, Nutrition Score:5.4078259908635%

Flavonoids

Cyanidin: 5.6mg, Cyanidin: 5.6mg, Cyanidin: 5.6mg, Cyanidin: 5.6mg Petunidin: 17.56mg, Petunidin: 17.56mg, Petunidin: 17.56mg, Petunidin: 17.56mg Delphinidin: 19.83mg, Delphinidin: 19.83mg, Delphinidin: 19.83mg, Delphinidin: 19.83mg Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 11.29mg, Peonidin: 11.29mg, Peonidin: 11.29mg, Peonidin: 11.29mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 93.01kcal (4.65%), Fat: 1.59g (2.45%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 17.97g (6.53%), Sugar: 16.37g (18.19%), Cholesterol: 0.19mg (0.06%), Sodium: 7.91mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin C: 37.14mg (45.01%), Manganese: 0.4mg (19.76%), Vitamin K: 12.2µg (11.62%), Fiber: 2.41g (9.65%), Folate: 16.57µg (4.14%), Potassium: 134.94mg (3.86%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (2.95%), Vitamin B6: 0.06mg (2.81%), Magnesium: 11.01mg (2.75%), Phosphorus: 26.56mg (2.66%), Vitamin B2: 0.04mg (2.6%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.45mg

(2.25%), Iron: 0.39mg (2.16%), Calcium: 18.69mg (1.87%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.17mg (1.16%)