



Yogurt Crème Anglaise with Angel Food Cake and Fresh Berries

READY IN



15 min.

SERVINGS



4

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounce angel food cake toasted
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 0.8 cup milk 1% low-fat
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 1 Dash salt
- ☐ 4 cups strawberries halved
- ☐ 3 tablespoons sugar

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0.3 teaspoon vanilla extract

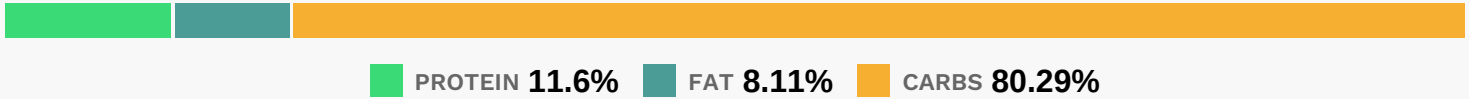
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small saucepan. Cook over medium heat 5 minutes or until sauce comes to a boil and thickens, stirring constantly with a whisk.
- ☐ Remove from heat; whisk in yogurt and vanilla.
- ☐ Pour mixture into a bowl; cool slightly.
- ☐ Place 1 cake slice on each of 4 plates.
- ☐ Serve with 1 cup fruit and about 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:9.55, Inflammation Score:-5, Nutrition Score:12.791739194289%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg,

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Nutrients (% of daily need)

Calories: 233.93kcal (11.7%), Fat: 2.18g (3.36%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 45.63g (16.59%), Sugar: 31.65g (35.17%), Cholesterol: 48.74mg (16.25%), Sodium: 252.41mg (10.97%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 7.02g (14.04%), Vitamin C: 84.67mg (102.63%), Manganese: 0.59mg (29.44%), Phosphorus: 212.48mg (21.25%), Selenium: 11.7µg (16.72%), Vitamin B2: 0.23mg (13.56%), Calcium: 134.01mg (13.4%), Folate: 48.05µg (12.01%), Fiber: 2.97g (11.89%), Potassium: 370.92mg (10.6%), Vitamin B12: 0.45µg (7.55%), Magnesium: 29.07mg (7.27%), Vitamin B1: 0.1mg (6.77%), Vitamin B6: 0.12mg (5.96%), Vitamin B5: 0.56mg (5.55%), Copper: 0.11mg (5.25%), Vitamin D: 0.72µg (4.78%), Iron: 0.82mg (4.56%), Zinc: 0.61mg (4.09%), Vitamin E: 0.54mg (3.61%), Vitamin B3: 0.7mg (3.5%), Vitamin A: 165.79IU (3.32%), Vitamin K: 3.28µg (3.13%)