

Angel Lush Cake II

coolwhip.com

Servings: 10

1 can (20 ounce) crushed pineapple in juice, undrained

1 package (1.5 ounce) JELL-O vanilla flavor fat-free sugar-free instant pudding

1 cup Cool Whip Free whipped topping

1 package (10 ounce) round angel food cake, cut horizontally into three layers

Preparation Time: 15 minutes

In a medium bowl, mix the pineapple and dry pudding mix with a whisk until well blended. Stir in the Cool Whip.

Stack the cake layers on a plate, filling the layers and topping with the pudding mixture.

Refrigerate for one hour.

Top with berries just before serving.

Per Serving (excluding unknown items): 15 Calories; trace Fat (1.1% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 15 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 1.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 96.3% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 2.6% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 1mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 4g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | trace | Vegetable: | 0 |

Potassium (mg): 31mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 10IU
Vitamin A (r.e.): 1RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 15 Calories from Fat: 0

% Daily Values*

| | | |
|----------------------------|---------------------|----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | trace | 0% |
| Total Carbohydrates | 4g | 1% |
| | Dietary Fiber trace | 1% |
| Protein | trace | |

| | | |
|------------------|--|----|
| Vitamin A | | 0% |
| Vitamin C | | 4% |
| Calcium | | 0% |
| Iron | | 0% |

* Percent Daily Values are based on a 2000 calorie diet.