



Angel Food Cake

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



259 kcal

DESSERT

Ingredients

- 6 servings coconut flakes toasted for garnish
- 0.8 teaspoon cream of tartar
- 7 large egg whites
- 0.5 cup flour all-purpose
- 1 cranberry-orange relish for garnish cut into segments,
- 6 servings cup heavy whipping cream sour for garnish
- 0.8 cups sugar
- 0.3 teaspoon salt

- 2 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- blender
- loaf pan
- spatula
- serrated knife

Directions

- Watch how to make this recipe.
- Special equipment: standard size loaf pan
- Preheat the oven to 325 degrees F.
- Mix half the sugar with the flour in a spice grinder or mini food processor for 5 seconds.
- Remove to a small bowl and set aside.
- Beat the egg whites with the vanilla, cream of tartar and salt in a large bowl, using a mixer on medium, until foamy.
- Add the remaining sugar (not with the flour) slowly. Beat just until soft, moist peaks form.
- Add the flour mixture, half at a time, folding in with a rubber spatula until incorporated.
- Pour the batter into the ungreased loaf pan.
- Bake 35 to 40 minutes.
- Invert the loaf onto 2 cans so that the handles of the pan rest on the tops of the cans, allowing ventilation. After 45 minutes to 1 hour, remove the cake by sliding the knife around the edges. Cool completely and slice with a serrated knife.

Nutrition Facts



■ PROTEIN 9.81% ■ FAT 30.94% ■ CARBS 59.25%

Properties

Glycemic Index:31.27, Glycemic Load:24.08, Inflammation Score:-3, Nutrition Score:6.0556521668382%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 259.02kcal (12.95%), Fat: 9.06g (13.93%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 36.59g (13.31%), Sugar: 28.61g (31.78%), Cholesterol: 7.08mg (2.36%), Sodium: 169mg (7.35%), Alcohol: 0.46g (100%), Alcohol %: 0.49% (100%), Protein: 6.46g (12.92%), Selenium: 13.79µg (19.69%), Manganese: 0.36mg (18.08%), Vitamin B2: 0.27mg (15.61%), Vitamin C: 11.87mg (14.39%), Fiber: 2.44g (9.74%), Vitamin B1: 0.11mg (7.39%), Folate: 28.77µg (7.19%), Potassium: 247.09mg (7.06%), Copper: 0.12mg (5.95%), Iron: 0.91mg (5.03%), Phosphorus: 49.9mg (4.99%), Magnesium: 19.08mg (4.77%), Vitamin B3: 0.79mg (3.97%), Vitamin B5: 0.29mg (2.94%), Calcium: 28.2mg (2.82%), Vitamin B6: 0.05mg (2.74%), Vitamin A: 123.89IU (2.48%), Zinc: 0.35mg (2.31%)