



Angel Food Cake



Vegetarian



Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 12 large eggs
- ☐ 1.5 cups powdered sugar
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1 cup granulated sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ spatula
- ☐ measuring cup
- ☐ serrated knife
- ☐ funnel

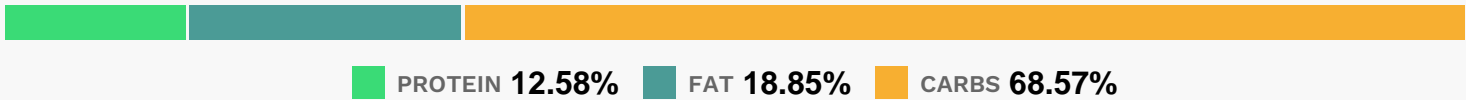
Directions

- ☐ About 30 minutes before making the cake, place an egg separator over a small bowl. Crack each egg over the egg separator to separate the whites from the yolk. (save the yolks for another recipe.)
- ☐ Transfer egg whites to a 2-cup measuring cup until there are 1 1/2 cups of egg whites.
- ☐ Place the egg whites in a clean large bowl, and let stand at room temperature up to 30 minutes.*
- ☐ Move the oven rack to the lowest position; remove other oven rack.
- ☐ Heat the oven to 375°F. In a medium bowl, mix the powdered sugar and flour; set aside.
- ☐ Add the cream of tartar to the egg whites; beat with an electric mixer on medium speed until mixture looks foamy. On high speed, beat in the granulated sugar, 2 tablespoons at a time; add the vanilla, almond extract and salt with the last addition of sugar. Continue beating until meringue is stiff and glossy. Do not underbeat.
- ☐ Sprinkle the powdered sugar-flour mixture, 1/4 cup at a time, over the meringue; to fold in, use a rubber spatula to cut down vertically through the batter, then slide the spatula across the bottom of the bowl and up the side just until sugar-flour mixture disappears. When all sugar-flour mixture has been folded in, spoon the batter into an ungreased 10x4-inch angel food (tube) cake pan. Using a metal spatula or knife, gently cut through the batter, spreading

batter gently against side of pan and tube, to break large air pockets.

- ☐ Bake 30 to 35 minutes or until cracks in cake feel dry and top springs back when touched lightly. Immediately turn pan upside down onto a heatproof funnel or bottle.
- ☐ Let cake hang about 2 hours or until completely cool.
- ☐ Remove pan from funnel. Loosen the cake by running a knife or long metal spatula between the cake and side of pan.
- ☐ Place a serving plate upside down on pan; turn plate and pan over together and remove pan. (If pan has a removable bottom, remove side of pan, then carefully run a knife or long metal spatula between cake and pan bottom. Carefully remove bottom.) To cut cake, use a long serrated knife in a sawing motion, or use an electric knife.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:17.39, Inflammation Score:-1, Nutrition Score:6.1608695899663%

Nutrients (% of daily need)

Calories: 234.82kcal (11.74%), Fat: 4.91g (7.56%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 39.91g (14.51%), Sugar: 31.6g (35.11%), Cholesterol: 186mg (62%), Sodium: 120.38mg (5.23%), Alcohol: 0.23g (100%), Alcohol %: 0.31% (100%), Protein: 7.38g (14.75%), Selenium: 19.07µg (27.25%), Vitamin B2: 0.29mg (16.86%), Phosphorus: 110.31mg (11.03%), Folate: 42.56µg (10.64%), Vitamin B5: 0.81mg (8.12%), Iron: 1.39mg (7.73%), Vitamin B12: 0.44µg (7.42%), Vitamin B1: 0.1mg (6.79%), Vitamin D: 1µg (6.67%), Vitamin A: 270IU (5.4%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.49%), Manganese: 0.09mg (4.44%), Potassium: 143.65mg (4.1%), Vitamin E: 0.53mg (3.54%), Vitamin B3: 0.66mg (3.28%), Calcium: 30.01mg (3%), Copper: 0.05mg (2.72%), Magnesium: 8.38mg (2.1%), Fiber: 0.28g (1.13%)