



Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 100 g cake flour sifted (not self-rising; sift before measuring)
- ☐ 150 g powdered sugar sifted (sift before measuring)
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1.5 cups egg whites (11 to 12 large eggs)
- ☐ 200 g granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

Equipment

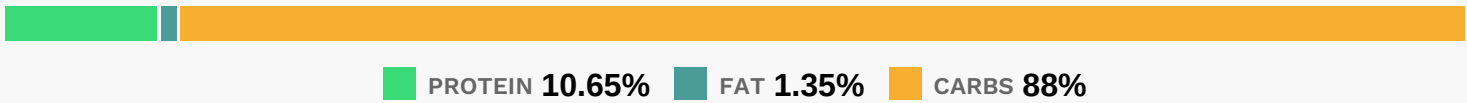
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ cake form
- ☐ wax paper
- ☐ spatula
- ☐ serrated knife
- ☐ sifter
- ☐ funnel

Directions

- ☐ Let egg whites stand in bowl of a standing electric mixer (see cooks' note) at room temperature about 1 hour before making cake. (They should be about 60°F, slightly below room temperature.)
- ☐ Set oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Sift together confectioners sugar, flour, and salt onto a sheet of wax paper using a triple sifter or fine sieve.
- ☐ Beat whites in mixer until frothy.
- ☐ Add cream of tartar and beat at medium speed until they form soft peaks.
- ☐ Add granulated sugar gradually, beating, and continue beating just until whites are thickened and form soft, droopy peaks. Beat in vanilla.
- ☐ Sprinkle one fourth of sifted dry ingredients over whites and fold in with a rubber spatula gently but thoroughly. Fold in remaining dry ingredients, one third at a time.
- ☐ Gently pour batter evenly into ungreased tube pan and bake until top is light golden, cake retracts a bit from pan and springs back when touched lightly, and a tester comes out clean, 40 to 45 minutes. Invert pan onto neck of an empty wine bottle or a large metal funnel and cool cake completely.

- ☐
- To remove cake from pan, run tip of a long, narrow knife between outer edge of cake and pan. Tilt cake pan on its side and gently tap bottom edge against counter. Rotate pan, tapping and turning a few more times, until cake appears free. Cover pan with a metal rack or cardboard round and invert, tapping pan firmly to loosen cake. Lift pan from cake. (It should come out beautifully, like a pillow taken out of a slipcover.)
- ☐
- Slice cake with a serrated knife, using a sawing motion.
- ☐
- If your eggs are not especially fresh, you may need more than a dozen to get 1 1/2 cups of whites. Though this recipe calls for a standing electric mixer to beat the whites, we found that a handheld mixer and a large wide bowl also worked.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:18.66, Inflammation Score:-1, Nutrition Score:2.0630434556338%

Nutrients (% of daily need)

Calories: 192.72kcal (9.64%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 42.5g (15.45%), Sugar: 34.97g (38.86%), Cholesterol: 0mg (0%), Sodium: 119.61mg (5.2%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 5.17g (10.34%), Selenium: 11.47µg (16.39%), Vitamin B2: 0.17mg (10.18%), Manganese: 0.09mg (4.33%), Potassium: 144.97mg (4.14%), Magnesium: 6.57mg (1.64%), Phosphorus: 15.21mg (1.52%), Copper: 0.03mg (1.51%), Folate: 4.76µg (1.19%), Vitamin B5: 0.11mg (1.13%)