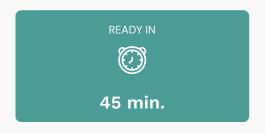
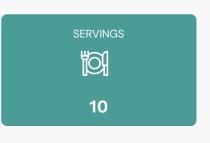


Angel Food Cake

airy Free







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

1 teaspoon vanilla

0.3 teaspoon salt

Equipment

	bowl
	frying pan
	oven
	knife
	sieve
	blender
	hand mixer
	cake form
	wax paper
	spatula
	serrated knife
	sifter
	funnel
Di	rections
	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 11/2 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

PROTEIN 10.65% FAT 1.35% CARBS 88%

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: Omg (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%)