



Angel Food Cake Stuffed with Whipped Cream and Berries

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups blackberries fresh
- ☐ 1.5 cups blueberries fresh
- ☐ 4 ounces cake flour
- ☐ 1 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 tablespoons orange juice fresh
- ☐ 0.8 cup powdered sugar
- ☐ 1 cup powdered sugar divided
- ☐ 2 tablespoons powdered sugar
- ☐ 2 cups raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 vanilla pod split
- ☐ 0.8 cup whipping cream chilled

Equipment

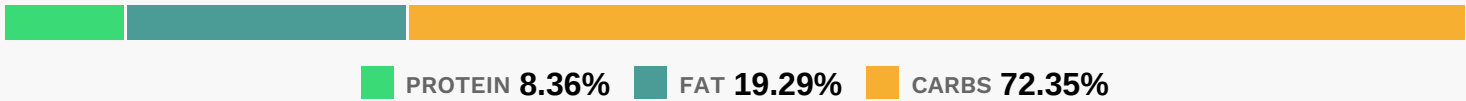
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ To prepare berries, combine first 5 ingredients; toss to combine. Cover and chill 1 hour.
- ☐ Preheat oven to 37
- ☐ To prepare cake, place a rack in the lower third of oven. Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, 1/2 cup powdered sugar, and ginger in a medium bowl. Sift together remaining 1/2 cup powdered sugar and 3/4 cup granulated sugar in another bowl.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add powdered and granulated sugar mixture, 1 tablespoon at a time, beating until stiff peaks form. Sift flour mixture over egg white mixture, 1/4 cup at a time; fold in. Fold in 2 tablespoons

- juice.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
 - ☐ Bake at 375 for 30 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert the cake onto a plate.
 - ☐ Cut 1 inch off top of cake using a serrated knife; set top of cake aside. Hollow out bottom of cake using a small knife, leaving a 1-inch-thick shell; reserve torn cake for another use.
 - ☐ To prepare whipped cream, place cream in a medium bowl; beat with a mixer at high speed until soft peaks form. Scrape seeds from vanilla bean into bowl; discard pod. Gradually add 3/4 cup powdered sugar, beating at high speed until stiff peaks form.
 - ☐ Spoon all but 1 cup of berry mixture into cake shell; top with whipped cream. Replace top of cake; sprinkle with 2 tablespoons powdered sugar.
 - ☐ Serve immediately with additional berry mixture; garnish with orange rind, if desired.

Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:17.6, Inflammation Score:-4, Nutrition Score:5.8995652146961%

Flavonoids

Cyanidin: 28.71mg, Cyanidin: 28.71mg, Cyanidin: 28.71mg, Cyanidin: 28.71mg Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg Delphinidin: 6.82mg, Delphinidin: 6.82mg, Delphinidin: 6.82mg, Delphinidin: 6.82mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 3.82mg, Peonidin: 3.82mg, Peonidin: 3.82mg, Peonidin: 3.82mg Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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Nutrients (% of daily need)

Calories: 270.65kcal (13.53%), Fat: 5.96g (9.16%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 47.32g (17.21%), Sugar: 39.6g (44%), Cholesterol: 16.81mg (5.6%), Sodium: 157.17mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.61%), Manganese: 0.42mg (21.07%), Selenium: 11.19µg (15.99%), Vitamin C: 12.32mg (14.93%), Vitamin B2: 0.21mg (12.12%), Fiber: 2.94g (11.77%), Vitamin K: 9.2µg (8.76%), Potassium: 199.72mg (5.71%), Vitamin A: 279.65IU (5.59%), Copper: 0.09mg (4.47%), Vitamin E: 0.67mg (4.44%), Magnesium: 16.64mg (4.16%), Folate: 15.7µg (3.93%), Phosphorus: 35.36mg (3.54%), Vitamin B5: 0.29mg (2.86%), Iron: 0.48mg (2.66%), Calcium: 25.72mg (2.57%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.34mg (2.29%), Vitamin B1: 0.03mg (2.09%), Vitamin B6: 0.04mg (1.9%), Vitamin D: 0.24µg (1.59%)