



Angel Loaf with Grapefruit-Strawberry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon cream of tartar
- 6 egg whites
- 0.5 cup flour all-purpose
- 2 cups grapefruit sections coarsely chopped (3 medium grapefruit)
- 2 teaspoons grapefruit rind grated
- 10 ounce strawberry halves in syrup frozen thawed
- 0.3 teaspoon salt
- 0.7 cup sugar divided

1.5 teaspoons vanilla extract

Equipment

food processor

bowl

frying pan

oven

knife

wire rack

blender

loaf pan

spatula

Directions

Sift together 1/3 cup sugar, flour, and salt. Stir in the rind, and set aside. Beat egg whites (at room temperature) and cream of tartar at high speed of a mixer until foamy.

Add the remaining sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold in the vanilla.

Sprinkle flour mixture over egg white mixture, and fold in gently.

Spoon batter into an ungreased 9 x 5-inch loaf pan, spreading evenly. Break large air pockets by cutting through batter with a knife.

Bake at 350 for 30 minutes or until cake springs back when lightly touched. Invert pan on a wire rack; let cool completely. Loosen cake from sides of pan, using a narrow spatula; remove from pan.

Place strawberries and syrup in food processor, and process until smooth.

Pour into a bowl; stir in the chopped grapefruit, and serve with cake.

Nutrition Facts



PROTEIN 7.78% **FAT 1.82%** **CARBS 90.4%**

Properties

Glycemic Index:21.26, Glycemic Load:17.26, Inflammation Score:-5, Nutrition Score:4.4821738880128%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 227.31kcal (11.37%), Fat: 0.5g (0.76%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 55.3g (18.43%), Net Carbohydrates: 54.17g (19.7%), Sugar: 41.96g (46.63%), Cholesterol: 0.87mg (0.29%), Sodium: 136.54mg (5.94%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Protein: 4.76g (9.52%), Vitamin C: 17.94mg (21.75%), Vitamin A: 661.25IU (13.23%), Selenium: 7.49µg (10.7%), Vitamin B2: 0.16mg (9.46%), Vitamin B1: 0.09mg (5.84%), Folate: 22.76µg (5.69%), Potassium: 173.85mg (4.97%), Fiber: 1.13g (4.53%), Calcium: 39.56mg (3.96%), Manganese: 0.07mg (3.58%), Vitamin B3: 0.66mg (3.29%), Iron: 0.47mg (2.62%), Phosphorus: 24.17mg (2.42%), Magnesium: 9.68mg (2.42%), Vitamin B5: 0.23mg (2.34%), Vitamin B6: 0.04mg (1.96%), Copper: 0.04mg (1.89%), Zinc: 0.16mg (1.05%)