



Black and White Angel Food Cake

READY IN

ready

135 min.

SERVINGS

servings

8

CALORIES

calories

623 kcal

DESSERT

Ingredients

- ☐ 1.3 cups cake flour sifted not self-rising
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1.5 cups egg whites at room temperature 10 to 12 eggs
- ☐ 0.8 cup heavy cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup coarsely semisweet chocolate grated
- ☐ 0.5 pound semi chocolate chips
- ☐ 1 pound caster sugar sifted
- ☐ 1 teaspoon vanilla extract pure

Equipment

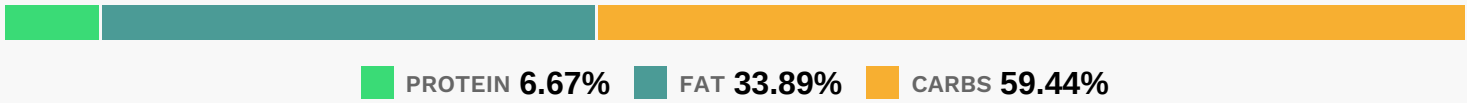
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine 1/2 cup of the sugar with the flour and sift them together 4 times. Set aside.
- ☐ Place the egg whites, salt, and cream of tartar in the bowl of an electric mixer fitted with the whisk attachment and beat on high speed until the eggs form medium-firm peaks, about 1 minute. With the mixer on medium speed, add the remaining 1 1/2 cups of sugar by sprinkling it over the beaten egg whites. Beat on high speed for a few minutes until thick and shiny.
- ☐ Add the vanilla and continue to whisk until very thick, about 1 more minute. Scrape the beaten egg whites into a large bowl. Sift 1/4 of the flour mixture over the egg whites and fold it very carefully into the batter with a rubber spatula. Continue adding the flour in 3 equal additions, sifting and folding until it's all incorporated. Fold in the grated chocolate.
- ☐ Pour the batter into an ungreased 10-inch tube pan, smooth the top, and bake it for 35 to 45 minutes, until it springs back to the touch.
- ☐ Remove the cake from the oven and invert the pan on a cooling rack. When cool, run a thin, flexible knife around the cake to remove it from the pan.
- ☐ For the chocolate glaze, place the chocolate chips and the heavy cream in a heat-proof bowl over a pan of simmering water and stir until the chocolate melts.

Pour the chocolate over the top of the cooled cake to cover the top completely and allow it to drizzle down the sides. If you have chocolate glaze left over, you can serve it on the side with the cake.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:49.37, Inflammation Score:-5, Nutrition Score:10.076521734829%

Nutrients (% of daily need)

Calories: 623.42kcal (31.17%), Fat: 23.71g (36.48%), Saturated Fat: 13.84g (86.49%), Carbohydrates: 93.55g (31.18%), Net Carbohydrates: 89.91g (32.69%), Sugar: 72.11g (80.12%), Cholesterol: 27.57mg (9.19%), Sodium: 304.92mg (13.26%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 33.79mg (11.26%), Protein: 10.5g (21%), Manganese: 0.7mg (34.8%), Selenium: 21.69µg (30.99%), Copper: 0.55mg (27.34%), Magnesium: 81mg (20.25%), Vitamin B2: 0.28mg (16.76%), Iron: 2.78mg (15.45%), Fiber: 3.64g (14.58%), Phosphorus: 142.19mg (14.22%), Potassium: 433.79mg (12.39%), Zinc: 1.29mg (8.63%), Vitamin A: 348.05IU (6.96%), Calcium: 46.2mg (4.62%), Vitamin B5: 0.35mg (3.53%), Vitamin E: 0.52mg (3.47%), Vitamin K: 3.61µg (3.43%), Vitamin B3: 0.6mg (3.01%), Vitamin B12: 0.15µg (2.46%), Folate: 9.59µg (2.4%), Vitamin D: 0.36µg (2.38%), Vitamin B1: 0.04mg (2.37%), Vitamin B6: 0.03mg (1.56%)