



Black and White Angel Food Cake

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 4 ounces cake flour
- ☐ 0.5 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 1.5 cups granulated sugar divided
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons cream cheese light softened
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.8 teaspoon cocoa dark unsweetened (such as Hershey's Special)
- ☐ 2 tablespoons cocoa dark unsweetened (such as Hershey's Special)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

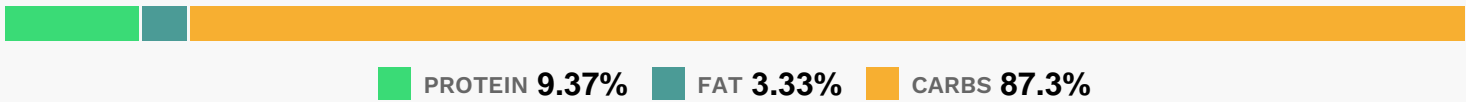
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 3/4 cup granulated sugar, stirring with a whisk; set aside.
- ☐ Place cream of tartar, salt, and egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add remaining 3/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Beat in juice and 1/2 teaspoon vanilla. Sift flour mixture over egg white mixture, 1/4 cup at a time; fold in after each addition.
- ☐ Spoon half of batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife. Sift 2 tablespoons cocoa over remaining batter; fold in. Spoon cocoa batter evenly over top of vanilla batter; break air pockets by cutting through cocoa layer with a knife.
- ☐ Bake at 325 for 55 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 cake onto a plate.

- ☐
- To prepare glaze, place powdered sugar, cream cheese, milk, and 1 teaspoon vanilla in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐
- Drizzle half of glaze over cake.
- ☐
- Add 3/4 teaspoon cocoa to remaining glaze; stir well to combine.
- ☐
- Drizzle cocoa glaze over cake. Refrigerate 5 minutes or until glaze is set.
- ☐
- Garnish with strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:21.89, Inflammation Score:-1, Nutrition Score:2.4069565372623%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 215.33kcal (10.77%), Fat: 0.81g (1.25%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 47.36g (17.22%), Sugar: 40.18g (44.65%), Cholesterol: 1.41mg (0.47%), Sodium: 113.73mg (4.94%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 5.14g (10.29%), Selenium: 10.85µg (15.5%), Vitamin B2: 0.17mg (9.84%), Manganese: 0.12mg (5.82%), Copper: 0.06mg (3.15%), Potassium: 107.62mg (3.07%), Magnesium: 10.9mg (2.73%), Phosphorus: 25.85mg (2.58%), Fiber: 0.56g (2.24%), Iron: 0.27mg (1.49%), Vitamin B5: 0.13mg (1.33%), Folate: 5.31µg (1.33%), Zinc: 0.18mg (1.18%), Calcium: 10.67mg (1.07%), Vitamin B12: 0.06µg (1.01%)