



## Blue Ribbon Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



120 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.5 cups cake flour sifted
- ☐ 1.3 teaspoons cream of tartar
- ☐ 12 egg whites
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 teaspoon vanilla extract

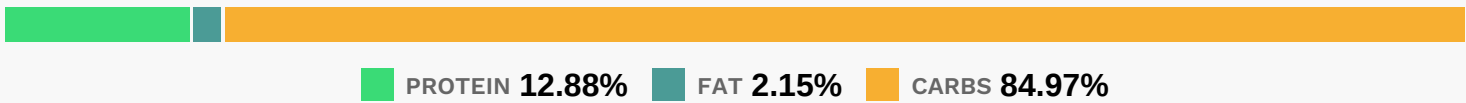
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Sift flour 4 times, and set aside.
- ☐ Beat egg whites and next 4 ingredients at high speed with an electric mixer until soft peaks form (about 5 minutes). Gradually add sugar, 1/3 cup at a time, beating until blended after each addition. Fold in flour.
- ☐ Pour batter into an ungreased 10-inch tube pan.
- ☐ Bake at 375 for 35 minutes. Invert pan on a wire rack, and let stand 1 hour or until cake is completely cool. Run a knife around cake to loosen edges.

## Nutrition Facts



## Properties

Glycemic Index:8.57, Glycemic Load:17.14, Inflammation Score:-1, Nutrition Score:1.6856521846646%

## Nutrients (% of daily need)

Calories: 119.68kcal (5.98%), Fat: 0.29g (0.44%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 25.17g (9.15%), Sugar: 16.87g (18.74%), Cholesterol: 0mg (0%), Sodium: 74.24mg (3.23%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 3.86g (7.71%), Selenium: 9.25µg (13.22%), Vitamin B2: 0.11mg (6.43%), Manganese: 0.1mg (4.86%), Potassium: 87.87mg (2.51%), Phosphorus: 14.77mg (1.48%), Copper: 0.03mg (1.42%), Magnesium: 5.45mg (1.36%), Folate: 4.77µg (1.19%), Fiber: 0.28g (1.13%)