



Blueberry Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries fresh
- ☐ 1 cup cake flour sifted
- ☐ 2 tablespoons cake flour sifted
- ☐ 1.3 teaspoons cream of tartar
- ☐ 1.5 cups egg whites
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment

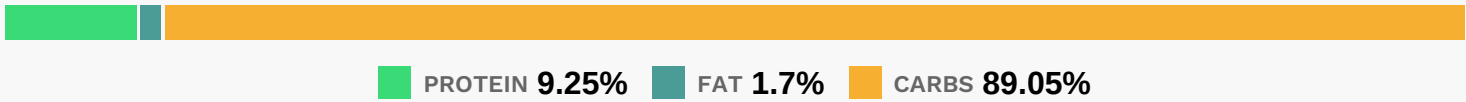
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 375
- ☐ Sift together 1/2 cup sugar and 1 cup flour.
- ☐ In a large bowl, beat egg whites with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add 1 cup sugar, 2 tablespoons 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 vanilla and blueberries.
- ☐ Combine 2 tablespoons flour and lemon rind; toss to coat.
- ☐ Sprinkle over egg white mixture; fold in.
- ☐ Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 375 for 40 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen the cake from sides of pan using a narrow metal spatula. Invert cake onto plate.
- ☐ To prepare the glaze, combine powdered sugar and lemon juice in a small bowl; stir well with a whisk.

☐ Drizzle over cooled cake.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:35.69, Inflammation Score:-1, Nutrition Score:4.2243478168612%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 309.2kcal (15.46%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 70.14g (23.38%), Net Carbohydrates: 68.96g (25.08%), Sugar: 55.47g (61.64%), Cholesterol: 0mg (0%), Sodium: 222.67mg (9.68%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.28g (14.57%), Selenium: 16.37µg (23.38%), Vitamin B2: 0.23mg (13.75%), Manganese: 0.24mg (12.06%), Vitamin C: 5.84mg (7.07%), Potassium: 199.17mg (5.69%), Vitamin K: 5.41µg (5.15%), Fiber: 1.18g (4.72%), Copper: 0.06mg (3.23%), Magnesium: 11.54mg (2.89%), Phosphorus: 27.61mg (2.76%), Folate: 10.44µg (2.61%), Vitamin B5: 0.21mg (2.07%), Vitamin B1: 0.03mg (1.86%), Iron: 0.33mg (1.82%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.24mg (1.59%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.36%)