



## Café au Lait Angel Food Cake

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

DESSERT

### Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 3 large egg yolk lightly beaten
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 2 tablespoons coffee instant
- ☐ 3 cups milk 2% divided reduced-fat

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar divided
- ☐ 1 vanilla pod split
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons water hot
- ☐ 3 tablespoons hazelnuts (hazelnut-flavored liqueur)

## Equipment

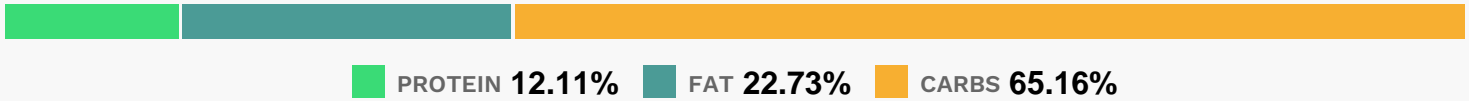
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 3/4 cup sugar, and cinnamon, stirring with a whisk, and set aside.
- ☐ Combine espresso and hot water, stirring until espresso dissolves; set aside.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar and 1/4 teaspoon salt; beat until soft peaks form.
- ☐ Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form.

- ☐ Beat in espresso mixture and vanilla extract. Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 350 for 50 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 plate.
- ☐ To prepare sauce, place egg yolks in a large bowl; set aside.
- ☐ Combine 1/2 cup sugar, cornstarch, and 1/8 teaspoon salt in a medium saucepan. Gradually add 1/2 cup milk, stirring with a whisk until smooth. Stir in remaining milk. Scrape seeds from vanilla bean into the milk mixture; add bean to mixture.
- ☐ Heat milk mixture over medium heat to a boil.
- ☐ Remove from heat; gradually add hot milk mixture to egg yolks, stirring constantly with a whisk.
- ☐ Return milk mixture to pan. Cook mixture over medium heat until thick and bubbly (about 4 minutes), stirring constantly.
- ☐ Remove from heat. Spoon milk mixture into a bowl; place bowl in a large ice-filled bowl for 10 minutes or until milk mixture comes to room temperature, stirring occasionally.
- ☐ Remove bowl from ice; stir in liqueur. Cover and chill completely.
- ☐ Remove and discard vanilla bean.
- ☐ Serve angel food cake with sauce, and sprinkle with toasted hazelnuts.

## Nutrition Facts



## Properties

Glycemic Index:20.18, Glycemic Load:28.24, Inflammation Score:-2, Nutrition Score:7.3639130281365%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 282.03kcal (14.1%), Fat: 7.26g (11.17%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 45.82g (16.66%), Sugar: 36.93g (41.04%), Cholesterol: 50.62mg (16.87%), Sodium: 158.44mg (6.89%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 26.17mg (8.72%), Protein: 8.7g (17.4%), Manganese: 0.58mg (29.25%), Selenium: 15.1µg (21.57%), Vitamin B2: 0.3mg (17.57%), Phosphorus: 110.34mg (11.03%), Calcium: 90.84mg (9.08%), Vitamin E: 1.29mg (8.63%), Copper: 0.17mg (8.38%), Potassium: 274.81mg (7.85%), Vitamin B12: 0.43µg (7.09%), Magnesium: 28.02mg (7.01%), Vitamin B1: 0.09mg (5.9%), Folate: 22.39µg (5.6%), Vitamin B5: 0.52mg (5.15%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.09mg (4.27%), Fiber: 1.01g (4.02%), Iron: 0.67mg (3.73%), Vitamin B3: 0.57mg (2.83%), Vitamin A: 123.3IU (2.47%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.27µg (1.21%)