

Candy Cane Cake

READY IN



45 min.

SERVINGS



10

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 8 ounces peppermint candies
- ☐ 1 teaspoon cream of tartar
- ☐ 12 egg whites at room temperature
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 cup pastry flour sifted
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

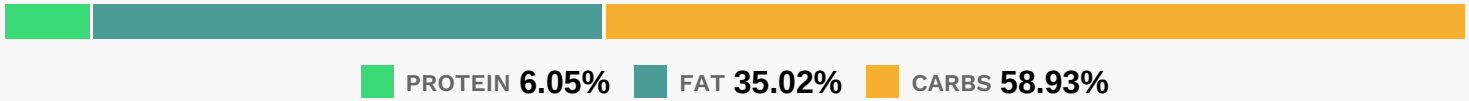
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ ziploc bags
- ☐ spatula
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ serrated knife
- ☐ baking spatula

Directions

- ☐ Preheat oven to 32
- ☐ Sift together flour and 3/4 cup sugar. Sift again and set aside.
- ☐ In a large bowl or standing mixer, beat egg whites until foamy.
- ☐ Add cream of tartar and salt. Beat until soft peaks form.
- ☐ Add 3/4 cup sugar and the vanilla and almond extracts. Continue beating until egg whites are firm but not dry.
- ☐ Sift one-third of the flour-sugar mixture onto the egg whites and, with a rubber or silicone spatula, gently fold the mixture into the egg whites.
- ☐ Add remaining flour in two batches, folding gently after each addition. Turn batter into an ungreased 10-inch tube pan and bake until browned and firm to the touch, 50 to 60 minutes.
- ☐ Invert cake (in pan) on a cooling rack for at least an hour. When completely cool, run a long, thin, sharp knife between cake and pan to loosen, and remove cake.

- ☐ Put candy canes in a large sealable plastic bag. Crush them into small pieces with a meat pounder, rolling pin, or the bottom of a small frying pan. Sift crushed candy with a fine-mesh strainer and reserve candy dust for another use (see Notes). Set crushed candy aside.
- ☐ In a large bowl, beat cream with remaining 1/4 cup granulated sugar until soft peaks form. Frost cake with whipped cream using a spatula to form swirls and peaks.
- ☐ Sprinkle frosted cake with crushed candy canes. (To get candy on the sides, hold your hand about 1 in. from the cake and gently toss crushed candy at the sides.)
- ☐ Serve immediately, using a serrated knife to cut slices.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:39.45, Inflammation Score:-4, Nutrition Score:6.2756521274214%

Nutrients (% of daily need)

Calories: 451.04kcal (22.55%), Fat: 17.66g (27.17%), Saturated Fat: 11g (68.75%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 65.57g (23.84%), Sugar: 52.05g (57.83%), Cholesterol: 53.79mg (17.93%), Sodium: 131.57mg (5.72%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 6.86g (13.72%), Manganese: 0.5mg (24.82%), Selenium: 16.25µg (23.22%), Vitamin B2: 0.27mg (16.16%), Vitamin A: 700.8IU (14.02%), Phosphorus: 75.91mg (7.59%), Magnesium: 23.84mg (5.96%), Potassium: 198.86mg (5.68%), Fiber: 1.28g (5.14%), Vitamin D: 0.76µg (5.08%), Vitamin B1: 0.07mg (4.75%), Calcium: 38.51mg (3.85%), Vitamin E: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.38%), Vitamin B3: 0.67mg (3.33%), Copper: 0.07mg (3.32%), Iron: 0.54mg (2.99%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.26mg (2.62%), Folate: 8.62µg (2.16%), Vitamin B12: 0.11µg (1.81%), Vitamin K: 1.75µg (1.67%)