



Chiffon Cake

 Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 7 egg whites
- ☐ 7 egg yolks
- ☐ 1 teaspoon lemon extract
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup water cold
- ☐ 1.5 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ spatula
- ☐ sifter

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Wash a 10 inch angel food tube pan in hot soapy water to ensure it is totally grease free.
- ☐ Measure flour, sugar, baking powder, and salt into sifter. Sift into bowl. Make a well; add oil, egg yolks, water, vanilla, and lemon flavoring to the well in the order that is given. Set aside. Don't beat.
- ☐ In a large mixing bowl, beat egg whites and cream of tartar until very stiff. Set aside.
- ☐ Using same beaters, beat egg yolk batter until smooth and light.
- ☐ Pour gradually over egg whites, folding in with rubber spatula. Do not stir.
- ☐ Pour batter into angel food tube pan.
- ☐ Bake for 55 minutes. Increase heat to 350 degrees F (175 degrees C), and bake 10 to 15 minutes until done. Invert pan until cool.

Nutrition Facts



Properties

Glycemic Index:22.91, Glycemic Load:32.99, Inflammation Score:-1, Nutrition Score:5.6334782942482%

Nutrients (% of daily need)

Calories: 279.84kcal (13.99%), Fat: 6.07g (9.33%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 48.54g (17.65%), Sugar: 30.34g (33.71%), Cholesterol: 136.08mg (45.36%), Sodium: 402.49mg (17.5%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 7.29g (14.58%), Selenium: 21.36µg (30.52%), Vitamin B2: 0.18mg (10.6%), Manganese: 0.21mg (10.57%), Phosphorus: 102.89mg (10.29%), Calcium: 93.06mg (9.31%), Folate: 27.49µg (6.87%), Vitamin B5: 0.53mg (5.26%), Vitamin D: 0.68µg (4.54%), Vitamin B12: 0.26µg (4.41%), Iron: 0.74mg (4.12%), Vitamin E: 0.6mg (4.02%), Vitamin K: 4.17µg (3.97%), Vitamin A: 182.19IU (3.64%), Zinc: 0.52mg (3.44%), Copper: 0.07mg (3.31%), Vitamin B1: 0.04mg (2.87%), Potassium: 99.79mg (2.85%), Vitamin B6: 0.05mg (2.73%), Magnesium: 9.8mg (2.45%), Fiber: 0.6g (2.41%), Vitamin B3: 0.28mg (1.39%)