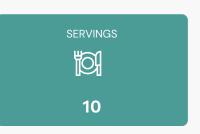


Chiffon Cake

airy Free







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
Ec	Juipment
	bowl
	frying pan
	oven
	mixing bowl
	spatula
	sifter
Di	rections
	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	
	PROTEIN 10.4% FAT 19.48% CARBS 70.12%
	PROTEIN 10.470 PAT 13.4070 CARBS / U. 1270

Properties

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%)