



Chocolate Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cake flour ()
- ☐ 0.8 teaspoon cream of tartar
- ☐ 6 large egg whites at room temperature
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.8 cup ground in a food processor fine

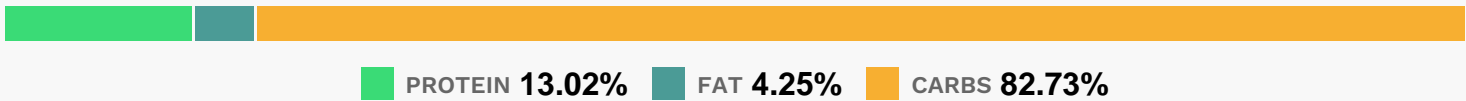
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ serrated knife
- ☐ baking spatula

Directions

- ☐ Preheat the oven to 375 degrees F. Line a 9×5 inch or slightly smaller metal loaf pan with regular foil.Sift together the flour, cocoa powder and half of the ground sugar.In a mixing bowl using an electric mixer (I used a hand-held), beat the egg whites until foamy. Continue beating and add the cream of tartar. When soft peaks form, begin adding the sugar gradually until peaks are just stiff enough to hold – don’t overbeat. Beat in the salt and vanilla.Sift about a third of the flour mixture over the top of the egg white mixture and fold it in with a big rubber scraper. Continue adding the flour mixture, folding until incorporated.Carefully scrape into the loaf pan. It should come just about to the top.
- ☐ Bake at 375 degrees F. on center rack for 28 minutes.
- ☐ Let cool completely. Slice with a serrated knife

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:19.9, Inflammation Score:-1, Nutrition Score:3.080434780082%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 0.71g (1.1%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 29.84g (10.85%), Sugar: 25.33g (28.14%), Cholesterol: 0mg (0%), Sodium: 153.02mg (6.65%),

Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.92g (9.85%), Selenium: 9.33µg (13.33%), Vitamin B2: 0.16mg (9.52%), Manganese: 0.19mg (9.28%), Copper: 0.16mg (7.79%), Fiber: 1.45g (5.81%), Magnesium: 22.88mg (5.72%), Potassium: 176.6mg (5.05%), Phosphorus: 36.35mg (3.64%), Iron: 0.6mg (3.33%), Zinc: 0.3mg (2.02%), Folate: 4.19µg (1.05%)