



Chocolate Angel Food Cake with Fruit and Maple Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 12 egg whites (or)
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 cup peach nectar
- ☐ 1 cup yogurt plain
- ☐ 4 cups raspberries fresh

- ☐ 0.3 teaspoon salt
- ☐ 4 cups strawberries fresh
- ☐ 1.5 cups sugar
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

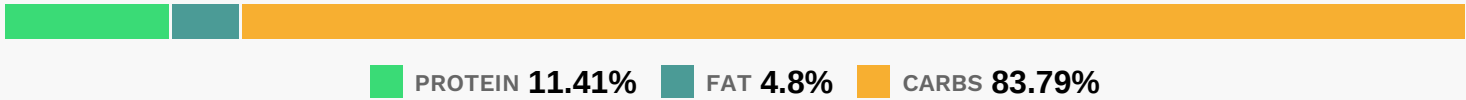
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ cake form
- ☐ spatula

Directions

- ☐ Transfer the oven rack to the lowest level. Preheat oven to 325°F. Sift 1 cup sugar with flour, cocoa, and salt; set aside. Using an electric mixer set at medium-high speed, whip egg whites, lemon juice, and vanilla in a medium-sized bowl until peaks form. Set mixer to high speed and whip in remaining 1/2 cup sugar until semistiff peaks form (do not overbeat). With a plastic spatula, slowly fold in the remaining dry ingredients, 1/4 cup at a time, until flour mix disappears. Scoop batter into a 10" ungreased tube pan and spread evenly.
- ☐ Bake until cake springs back when touched, 45 to 55 minutes.
- ☐ Remove from oven, invert cake pan, and place upside down on a cooling rack. Thoroughly wash and dry berries.
- ☐ Combine berries, nectar, and honey in a small bowl.
- ☐ Mix slowly, being careful not to crush the berries. In a separate bowl, combine yogurt and syrup until blended.

- ☐ Remove cake gently from pan and cut into 8 slices.
- ☐ Serve each slice with fruit and a dollop of maple yogurt.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:37.48, Glycemic Load:39.64, Inflammation Score:-6, Nutrition Score:14.75869593413%

Flavonoids

Cyanidin: 28.67mg, Cyanidin: 28.67mg, Cyanidin: 28.67mg, Cyanidin: 28.67mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 18.48mg, Pelargonidin: 18.48mg, Pelargonidin: 18.48mg, Pelargonidin: 18.48mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg, Catechin: 4.77mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg, Epicatechin: 7.69mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 331.18kcal (16.56%), Fat: 1.84g (2.84%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 72.52g (24.17%), Net Carbohydrates: 65.75g (23.91%), Sugar: 52.33g (58.15%), Cholesterol: 1.84mg (0.61%), Sodium: 172.84mg (7.51%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Caffeine: 6.18mg (2.06%), Protein: 9.87g (19.75%), Vitamin C: 58.56mg (70.98%), Manganese: 1.02mg (50.86%), Fiber: 6.77g (27.08%), Vitamin B2: 0.46mg (26.99%), Selenium: 16.36µg (23.37%), Folate: 64.76µg (16.19%), Magnesium: 51.08mg (12.77%), Vitamin B1: 0.18mg (12.31%), Phosphorus: 122.55mg (12.25%), Potassium: 420.44mg (12.01%), Copper: 0.23mg (11.64%), Iron: 1.91mg (10.62%), Calcium: 98.08mg (9.81%), Vitamin B3: 1.72mg (8.58%), Zinc: 0.98mg (6.52%), Vitamin B5: 0.64mg (6.37%), Vitamin K: 6.53µg (6.22%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.9%), Vitamin B12: 0.21µg (3.53%), Vitamin A: 64.17IU (1.28%)