



WHATSheATE

Chocolate-Ginger Angel Food Cake

READY IN



45 min.

SERVINGS



10

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 0.5 cup candied ginger chopped (crystallized)
- ☐ 3 tablespoons confectioners' sugar
- ☐ 1 teaspoon cream of tartar
- ☐ 9 egg whites
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.7 teaspoon ground ginger
- ☐ 1 cup half-and-half
- ☐ 0.3 teaspoon salt

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

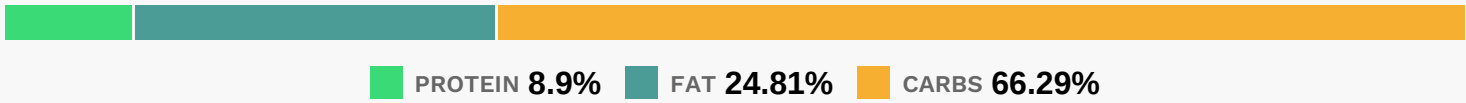
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ kugelhopf pan

Directions

- ☐ Position a rack in the center of the oven and heat to 350°F. Line a 10-inch springform or Bundt pan with parchment paper. Sift confectioners' sugar, flour, cocoa and ground ginger in a bowl; set aside. Using a mixer fitted with the whisk attachment on medium speed, whip egg whites, vanilla, cream of tartar and salt until whites begin to form soft peaks, 1 to 2 minutes. Increase speed to high, add 6 tablespoons granulated sugar and whip until incorporated.
- ☐ Add remaining 3/4 cup granulated sugar in 2 increments and whip until whites hold stiff peaks, about 2 minutes. Gently fold dry ingredients into egg mixture with a spatula.
- ☐ Pour batter into pan.
- ☐ Bake until cake springs back when touched, 35 to 40 minutes.
- ☐ Remove from oven and cool completely. Loosen edges with a knife; transfer to a serving platter. Chocolate glaze: Bring half-and-half to a boil in a saucepan over medium-high heat. Reduce heat to a low simmer and add chocolate and confectioners' sugar; whisk until chocolate melts and mixture is smooth.

- ☐ Pour glaze over top of cake, allowing it to drip down sides. Top with candied ginger. Store at room temperature in a cake saver for up to 3 days.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:20.86, Inflammation Score:-3, Nutrition Score:6.4526087654674%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 277.22kcal (13.86%), Fat: 7.76g (11.94%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 44.33g (16.12%), Sugar: 33.22g (36.91%), Cholesterol: 9.15mg (3.05%), Sodium: 121.32mg (5.27%), Alcohol: 0.45g (100%), Alcohol %: 0.52% (100%), Caffeine: 16.35mg (5.45%), Protein: 6.26g (12.52%), Manganese: 0.4mg (19.89%), Selenium: 11.98µg (17.12%), Vitamin B2: 0.25mg (14.44%), Copper: 0.28mg (14.02%), Magnesium: 42.85mg (10.71%), Iron: 1.78mg (9.89%), Fiber: 2.32g (9.3%), Phosphorus: 91.38mg (9.14%), Vitamin B1: 0.11mg (7.5%), Potassium: 250.84mg (7.17%), Folate: 25.62µg (6.4%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.7mg (4.64%), Calcium: 40.94mg (4.09%), Vitamin B5: 0.22mg (2.18%), Vitamin A: 91.38IU (1.83%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.37%), Vitamin K: 1.24µg (1.18%)