



Cinnamon-Swirl Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups sugar divided

☐ 1 teaspoon vanilla extract

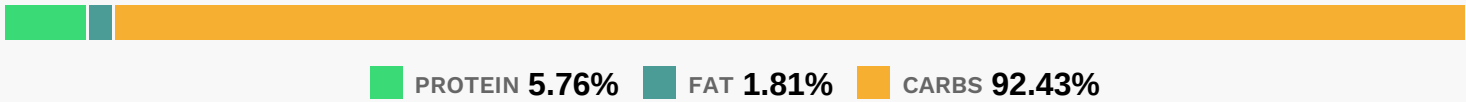
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 350
- ☐ Sift together cake flour and 1/2 cup sugar; set aside. Sift together 1 tablespoon sugar and cinnamon; set aside. Beat egg whites until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add remaining sugar, 2 tablespoons at a time, beating until stiff peaks form. Sift flour mixture over egg white mixture, 1/4 cup at a time, folding in flour mixture. Fold in vanilla and lemon juice.
- ☐ Spoon one-third batter into an ungreased 10-inch tube pan. Run back of spoon around center of batter to indent.
- ☐ Sprinkle half of cinnamon mixture over batter. Repeat with remaining batter and cinnamon mixture, ending with batter.
- ☐ Bake at 350 for 40 minutes or until cake springs back when lightly touched. Invert pan; cool 40 minutes. Loosen cake from sides of pan, using a narrow metal spatula; remove from pan.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:24.17, Inflammation Score:-1, Nutrition Score:1.7721738982136%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 153.44kcal (7.67%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 35.4g (12.87%), Sugar: 26.31g (29.24%), Cholesterol: 0mg (0%), Sodium: 69.88mg (3.04%), Alcohol: 0.14g (100%), Alcohol %: 0.37% (100%), Protein: 2.25g (4.5%), Manganese: 0.24mg (12.11%), Selenium: 6.47µg (9.24%), Fiber: 0.73g (2.91%), Vitamin B2: 0.04mg (2.48%), Potassium: 77.85mg (2.22%), Copper: 0.03mg (1.49%), Phosphorus: 13.71mg (1.37%), Iron: 0.21mg (1.17%), Folate: 4.54µg (1.13%), Magnesium: 4.42mg (1.1%), Calcium: 10.75mg (1.07%)