

## Citrus Chiffon Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



162 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.8 cups cake flour sifted
- ☐ 5 tablespoons canola oil
- ☐ 0.8 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 3 large egg yolks
- ☐ 1 cup granulated sugar divided
- ☐ 1 tablespoon lemon rind grated

- ☐ 0.5 cup orange juice fresh ( 1 orange)
- ☐ 1 tablespoon orange rind grated
- ☐ 2 teaspoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

## Equipment

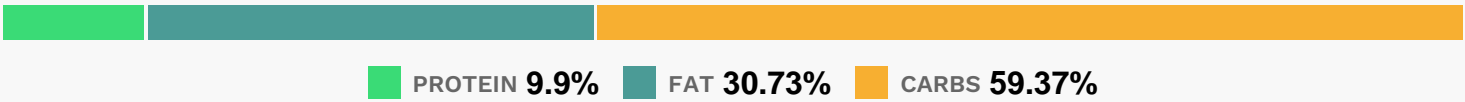
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula

## Directions

- ☐ Preheat oven to 32
- ☐ Combine baking powder, salt, 7 ounces sugar, and flour in a large bowl, stirring with a whisk until mixture is well combined.
- ☐ Combine orange rind and next 5 ingredients (through egg yolks) in a medium bowl, stirring with a whisk.
- ☐ Add rind mixture to flour mixture, stirring until smooth.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar; beat until soft peaks form. Gradually add remaining 1 ounce sugar, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into flour mixture; gently fold in remaining egg white mixture.
- ☐ Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 325 for 45 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto

plate. Sift powdered sugar over top of cake.

## Nutrition Facts



### Properties

Glycemic Index:17.57, Glycemic Load:15.66, Inflammation Score:-1, Nutrition Score:3.1313043392223%

### Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 161.64kcal (8.08%), Fat: 5.53g (8.51%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 23.62g (8.59%), Sugar: 13.61g (15.12%), Cholesterol: 34.42mg (11.48%), Sodium: 141.96mg (6.17%), Alcohol: 0.13g (100%), Alcohol %: 0.27% (100%), Protein: 4.01g (8.02%), Selenium: 10.6µg (15.15%), Vitamin B2: 0.1mg (6.07%), Vitamin E: 0.91mg (6.05%), Vitamin C: 4.87mg (5.9%), Manganese: 0.11mg (5.74%), Phosphorus: 37.85mg (3.79%), Calcium: 31.54mg (3.15%), Folate: 12.31µg (3.08%), Vitamin K: 3.19µg (3.04%), Potassium: 85.04mg (2.43%), Vitamin B5: 0.2mg (2.04%), Copper: 0.04mg (1.84%), Fiber: 0.42g (1.7%), Vitamin B1: 0.02mg (1.66%), Iron: 0.3mg (1.66%), Magnesium: 6.53mg (1.63%), Zinc: 0.2mg (1.35%), Vitamin B12: 0.08µg (1.28%), Vitamin A: 63.5IU (1.27%), Vitamin D: 0.17µg (1.15%), Vitamin B6: 0.02mg (1.08%)