



Citrus-Scented Angel Food Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

DESSERT

Ingredients

- 1 teaspoon cream of tartar
- 12 large egg whites
- 1 cup flour all-purpose sifted
- 0.5 teaspoon lemon extract
- 1 tablespoon juice of lime fresh
- 1 tablespoon lime rind grated
- 0.3 teaspoon salt
- 1.5 cups sugar divided

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- blender
- spatula
- measuring cup

Directions

- Preheat oven to 32
- Lightly spoon sifted flour into a dry measuring cup; level with a knife. Sift flour again into a small bowl; add 3/4 cup sugar and rind, stirring mixture well with a whisk.
- Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add cream of tartar and salt; beat until soft peaks form. Gradually add remaining 3/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Beat in lemon extract and lime juice. Sift 1/4 cup flour mixture over egg white mixture; gently fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.
- 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 55 minutes or until cake springs back when lightly touched.
- Remove cake from the oven. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto a plate.

Nutrition Facts

PROTEIN 12.12% **FAT 1.4%** **CARBS 86.48%**

Properties

Glycemic Index:22.14, Glycemic Load:34.82, Inflammation Score:-1, Nutrition Score:3.9004347921228%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.65kcal (11.43%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 49.65g (18.05%), Sugar: 37.86g (42.07%), Cholesterol: 0mg (0%), Sodium: 155.78mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.05%), Selenium: 15.43µg (22.04%), Vitamin B2: 0.3mg (17.77%), Vitamin B1: 0.13mg (8.36%), Folate: 30.82µg (7.71%), Manganese: 0.11mg (5.74%), Vitamin B3: 0.98mg (4.89%), Potassium: 163mg (4.66%), Iron: 0.8mg (4.47%), Phosphorus: 24.72mg (2.47%), Magnesium: 9.09mg (2.27%), Copper: 0.04mg (1.91%), Fiber: 0.45g (1.8%), Vitamin B5: 0.17mg (1.66%)