



Classic Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup cake flour sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 12 large egg whites
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar divided
- ☐ 1.5 teaspoons vanilla extract

Equipment

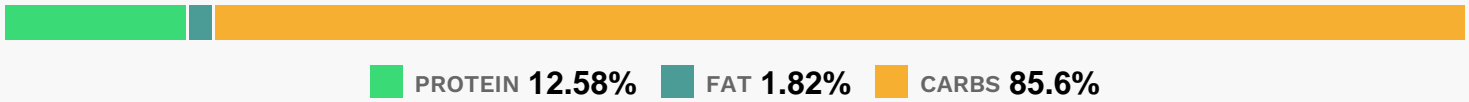
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 3/4 cup sugar, stirring 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.
- ☐ Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in vanilla, juice, and almond extract. Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time.
- ☐ Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through the batter with a knife.
- ☐ Bake at 325 for 55 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 the cake onto a plate.
- ☐ Nutty: For nut lovers; fold 1/2 cup finely chopped toasted nuts--such as almonds, walnuts, or hazelnuts--into the batter with the flour.
- ☐ Whisk together 3 tablespoons unsweetened cocoa, 1 cup powdered sugar, 1/2 teaspoon vanilla extract and about 3 tablespoons water or cold coffee.
- ☐ Drizzle over cooled cake.

- ☐ Add 2 tablespoons malted milk powder and 2 tablespoons unsweetened cocoa powder to the flour mixture.
- ☐ Whisk together 2 tablespoons lime, lemon, orange juice and 1 cup powdered sugar until smooth.
- ☐ Drizzle over cooled cake.
- ☐ Cut the cake horizontally into 3 layers, then spread each layer with cup of softened ice cream or sorbet. Reassemble the cake, then freeze it until ready to serve.
- ☐ Orange: Fold 2 tablespoons grated orange peel and 1 teaspoon orange extract into the batter.
- ☐ Add 1/4 teaspoon red food coloring to the batter and fold in 1/4 cup finely crushed hard peppermint candies.
- ☐ Add 1 1/2 teaspoons pumpkin pie spice to the flour mixture.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:1.9517391336191%

Flavonoids

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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 153.72kcal (7.69%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 32.72g (11.9%), Sugar: 25.32g (28.13%), Cholesterol: 0mg (0%), Sodium: 103.88mg (4.52%), Alcohol: 0.23g (100%), Alcohol %: 0.41% (100%), Protein: 4.85g (9.7%), Selenium: 10.89µg (15.55%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.09mg (4.47%), Potassium: 107.6mg (3.07%), Magnesium: 6.36mg (1.59%), Phosphorus: 15.16mg (1.52%), Copper: 0.03mg (1.47%), Folate: 4.88µg (1.22%), Vitamin B5: 0.11mg (1.09%), Fiber: 0.25g (1.01%)