



Classic Chocolate Angel food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



158 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
- ☐ 0.3 cup cocoa unsweetened

☐ 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, 3/4 cup sugar, and cocoa, 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.

Nutrition Facts



 PROTEIN **12.85%**  FAT **3.09%**  CARBS **84.06%**

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:2.7126086979457%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg 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 Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 157.8kcal (7.89%), Fat: 0.56g (0.86%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 33.1g (12.04%), Sugar: 25.35g (28.16%), Cholesterol: 0mg (0%), Sodium: 104.26mg (4.53%), Alcohol: 0.23g (100%), Alcohol %: 0.4% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.2g (10.4%), Selenium: 11.14µg (15.92%), Vitamin B2: 0.16mg (9.47%), Manganese: 0.16mg (7.91%), Copper: 0.1mg (4.87%), Potassium: 134.83mg (3.85%), Magnesium: 15.3mg (3.82%), Fiber: 0.92g (3.66%), Phosphorus: 28.31mg (2.83%), Iron: 0.39mg (2.18%), Zinc: 0.23mg (1.5%), Folate: 5.46µg (1.36%), Vitamin B5: 0.11mg (1.14%)