



Classic Chocolate Malt Angel Food Cake

READY IN



45 min.

SERVINGS



12

CALORIES



160 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
- 2 tablespoons liquid malt extract
- 0.3 tablespoon salt
- 1.5 cups sugar divided
- 2 tablespoons cocoa powder 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, malted milk powder, 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 12.73% ■ FAT 2.85% ■ CARBS 84.42%

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:2.4465217251817%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 159.54kcal (7.98%), Fat: 0.51g (0.79%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 33.55g (12.2%), Sugar: 25.77g (28.63%), Cholesterol: 0.22mg (0.07%), Sodium: 204.66mg (8.9%), Alcohol: 0.23g (100%), Alcohol %: 0.4% (100%), Protein: 5.14g (10.28%), Selenium: 11.16µg (15.94%), Vitamin B2: 0.17mg (9.83%), Manganese: 0.12mg (6.19%), Potassium: 127.23mg (3.64%), Copper: 0.06mg (3.14%), Magnesium: 11.37mg (2.84%), Phosphorus: 24.56mg (2.46%), Fiber: 0.56g (2.25%), Iron: 0.27mg (1.48%), Folate: 5.57µg (1.39%), Vitamin B5: 0.12mg (1.17%), Zinc: 0.17mg (1.13%), Vitamin B3: 0.21mg (1.04%), Vitamin B1: 0.02mg (1.01%)