



Classic Citrus-Glazed Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



194 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 orange juice
- ☐ 1 cup powdered sugar
- ☐ 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 wisk.
- ☐ 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.
- ☐ Whisk together lime, lemon, or orange juice and powdered sugar until smooth.
- ☐ Drizzle over cooled cake.

Nutrition Facts



 **PROTEIN 9.97%**  **FAT 1.46%**  **CARBS 88.57%**

Properties

Glycemic Index:15.76, Glycemic Load:22.5, Inflammation Score:-1, Nutrition Score:2.0913043588238%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.89kcal (9.69%), Fat: 0.32g (0.49%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 42.99g (15.63%), Sugar: 35.33g (39.26%), Cholesterol: 0mg (0%), Sodium: 104.11mg (4.53%), Alcohol: 0.23g (100%), Alcohol %: 0.35% (100%), Protein: 4.87g (9.73%), Selenium: 10.95µg (15.64%), Vitamin B2: 0.16mg (9.37%), Manganese: 0.09mg (4.51%), Potassium: 113.46mg (3.24%), Vitamin C: 1.66mg (2.01%), Magnesium: 6.67mg (1.67%), Copper: 0.03mg (1.57%), Phosphorus: 15.64mg (1.56%), Folate: 5.73µg (1.43%), Vitamin B5: 0.11mg (1.15%), Fiber: 0.26g (1.03%)