



Classic Ice Cream Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



222 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 cup cake flour sifted
- 1 teaspoon cream of tartar
- 12 large egg whites
- 3 cups whipped cream frozen softened
- 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.
- Cut the cake horizontally into 3 layers, then spread each layer with 1 cup of softened ice cream or sorbet. Reassemble the cake, then freeze it until ready to serve.

Nutrition Facts

PROTEIN 10.79% FAT 15.94% CARBS 73.27%

Properties

Glycemic Index:16.51, Glycemic Load:26.96, Inflammation Score:-1, Nutrition Score:3.2513043177517%

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: 222.03kcal (11.1%), Fat: 3.94g (6.06%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 40.28g (14.65%), Sugar: 32.31g (35.9%), Cholesterol: 14.52mg (4.84%), Sodium: 130.28mg (5.66%), Alcohol: 0.23g (100%), Alcohol %: 0.28% (100%), Protein: 6g (12.01%), Selenium: 11.48µg (16.4%), Vitamin B2: 0.24mg (13.87%), Phosphorus: 49.81mg (4.98%), Potassium: 173.27mg (4.95%), Calcium: 46.52mg (4.65%), Manganese: 0.09mg (4.6%), Vitamin B5: 0.3mg (3.01%), Vitamin A: 139.18IU (2.78%), Magnesium: 10.98mg (2.74%), Vitamin B12: 0.16µg (2.64%), Zinc: 0.33mg (2.21%), Fiber: 0.48g (1.93%), Copper: 0.04mg (1.85%), Folate: 6.53µg (1.63%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.02mg (1.09%)