



Classic Nutty Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup cake flour sifted
- ☐ 1 cream of tartar
- ☐ 12 large egg whites
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup nuts toasted finely chopped such as almonds, walnuts, or hazelnuts
- ☐ 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 and toasted nuts, 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 **11.95%**  FAT **16.09%**  CARBS **71.96%**

Properties

Glycemic Index:12.67, Glycemic Load:22.4, Inflammation Score:-1, Nutrition Score:3.7091304331046%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 184.69kcal (9.23%), Fat: 3.35g (5.16%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.97g (11.99%), Sugar: 25.53g (28.37%), Cholesterol: 0mg (0%), Sodium: 103.8mg (4.51%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Protein: 5.6g (11.2%), Manganese: 0.4mg (19.89%), Selenium: 11.01µg (15.72%), Vitamin B2: 0.16mg (9.54%), Copper: 0.12mg (5.75%), Vitamin E: 0.79mg (5.28%), Magnesium: 14.5mg (3.63%), Potassium: 114.1mg (3.26%), Phosphorus: 29.65mg (2.96%), Fiber: 0.74g (2.95%), Vitamin B1: 0.04mg (2.8%), Folate: 10.53µg (2.63%), Iron: 0.37mg (2.07%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.22mg (1.5%), Vitamin B3: 0.23mg (1.16%)