



Classic Orange Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



155 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
- ☐ 1 teaspoon orange extract
- ☐ 2 tablespoons orange rind grated
- ☐ 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. Fold orange rind and orange extract into the batter.
- ☐ 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 12.53%  FAT 1.81%  CARBS 85.66%

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:2.0817391145974%

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: 154.69kcal (7.73%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 32.87g (11.95%), Sugar: 25.32g (28.13%), Cholesterol: 0mg (0%), Sodium: 103.91mg (4.52%), Alcohol: 0.23g (100%), Alcohol %: 0.41% (100%), Protein: 4.86g (9.73%), Selenium: 10.9µg (15.57%), Vitamin B2: 0.16mg (9.26%), Manganese: 0.09mg (4.47%), Potassium: 109.72mg (3.13%), Vitamin C: 1.6mg (1.94%), Magnesium: 6.58mg (1.64%), Phosphorus: 15.37mg (1.54%), Copper: 0.03mg (1.52%), Fiber: 0.36g (1.43%), Folate: 5.18µg (1.3%), Vitamin B5: 0.11mg (1.14%)