



## Classic Pink Peppermint Angel food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



182 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
- ☐ 0.5 cup peppermint candies hard crushed
- ☐ 0.3 teaspoon food coloring red
- ☐ 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, almond extract, and red food coloring.
- ☐ Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time. Fold in crushed peppermint .
- ☐ 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 10.72%**  **FAT 1.55%**  **CARBS 87.73%**

Properties

Glycemic Index:17.26, Glycemic Load:27.04, Inflammation Score:-1, Nutrition Score:1.9517391336191%

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: 182.4kcal (9.12%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 39.43g (14.34%), Sugar: 30.1g (33.45%), Cholesterol: 0mg (0%), Sodium: 103.88mg (4.52%), Alcohol: 0.23g (100%), Alcohol %: 0.38% (100%), Protein: 4.85g (9.7%), Selenium: 10.89µg (15.55%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.09mg (4.47%), Potassium: 107.6mg (3.07%), Magnesium: 6.36mg (1.59%), Phosphorus: 15.16mg (1.52%), Copper: 0.03mg (1.47%), Folate: 4.88µg (1.22%), Vitamin B5: 0.11mg (1.09%), Fiber: 0.25g (1.01%)