



Classic Spiced Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup cake flour sifted
- ☐ 1 teaspoon cream of tartar
- ☐ 12 large eggs
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 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, 3/4 cup sugar, and pumpkin pie spice, 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.

Nutrition Facts



 **PROTEIN 14.5%**  **FAT 21.74%**  **CARBS 63.76%**

Properties

Glycemic Index:11.42, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:5.6547826003769%

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: 208.91kcal (10.45%), Fat: 5.04g (7.76%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 32.98g (11.99%), Sugar: 25.29g (28.1%), Cholesterol: 186mg (62%), Sodium: 120.23mg (5.23%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Protein: 7.56g (15.13%), Selenium: 19.66µg (28.09%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 109.5mg (10.95%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.44µg (7.42%), Manganese: 0.14mg (6.97%), Folate: 27.12µg (6.78%), Vitamin D: 1µg (6.67%), Iron: 1.04mg (5.79%), Vitamin A: 270.9IU (5.42%), Zinc: 0.74mg (4.96%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.57mg (3.82%), Potassium: 124.46mg (3.56%), Calcium: 31.68mg (3.17%), Copper: 0.06mg (2.95%), Magnesium: 9.07mg (2.27%), Vitamin B1: 0.03mg (1.93%), Fiber: 0.29g (1.16%)