



Coconut Angel Food Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour sifted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup coconut or fresh
- ☐ 0.3 cup coconut shredded unsweetened dry
- ☐ 12 ounces cranberries fresh thawed
- ☐ 1 teaspoon cream of tartar
- ☐ 1.3 cups egg whites at room temperature (from 9 large eggs)
- ☐ 0.7 cup granulated sugar

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.7 cup orange juice fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 2 tablespoons pear liqueur orange-flavored
- ☐ 0.3 teaspoon salt
- ☐ 1 cup caster sugar
- ☐ 2 teaspoons vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula

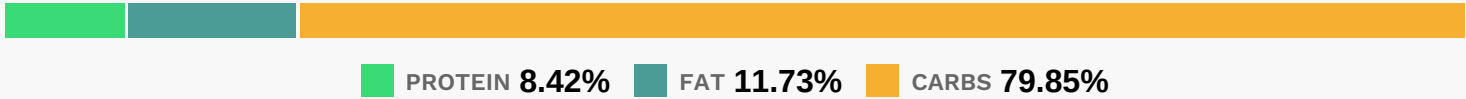
Directions

- ☐ Heat oven to 325°F. Beat egg whites and salt in a bowl with an electric mixer on medium until frothy, about 2 minutes.
- ☐ Add cream of tartar. Beat until soft peaks form, about 5 minutes. Increase speed to high.
- ☐ Add 1/2 cup sugar, 1 tablespoon at a time, until whites form soft, glossy peaks. Beat in vanilla and lemon juice. In another bowl, mix remaining 1/2 cup sugar with flour. Sift 1/2 sugar-flour mixture over egg whites; gently but thoroughly fold into batter using a large spatula. Repeat twice with remaining sugar-flour mixture. Fold in dry coconut in 2 batches. Scrape batter into an ungreased 10-inch angel food tube pan with a removable bottom. Smooth top into even layer.
- ☐ Bake 35 minutes or until top is lightly browned and cake springs back when you press it. Turn pan upside down and rest on the neck of a glass bottle to cool. Run a knife against insides of pan to loosen cake; remove pan. Loosen cake from bottom of pan; invert onto a plate. Cover

with plastic wrap. Store at room temperature or in the refrigerator.

- ☐ Boil all ingredients in a medium saucepan 1 minute, until lightly thickened.
- ☐ Let cool. Cover; refrigerate 1 hour. Before serving, sprinkle top of cake with coconut shavings.
- ☐ Serve slices with 3 tablespoons sauce.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:26.1, Inflammation Score:-2, Nutrition Score:4.1499999891157%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 2.79g (4.28%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 40.63g (14.77%), Sugar: 31.7g (35.22%), Cholesterol: 0mg (0%), Sodium: 93.28mg (4.06%), Alcohol: 1.22g (100%), Alcohol %: 1.34% (100%), Protein: 4.5g (9%), Manganese: 0.31mg (15.57%), Vitamin C: 11.98mg (14.52%), Selenium: 10.12µg (14.45%), Fiber: 2.02g (8.08%), Vitamin B2: 0.14mg (8.04%), Potassium: 168.93mg (4.83%), Copper: 0.08mg (4.04%), Magnesium: 11.94mg (2.98%), Vitamin E: 0.44mg (2.95%), Phosphorus: 27.47mg (2.75%), Folate: 10µg (2.5%), Vitamin B5: 0.23mg (2.35%), Iron: 0.38mg (2.13%), Vitamin B1: 0.03mg (1.94%), Vitamin B6: 0.04mg (1.87%), Vitamin K: 1.5µg (1.43%), Zinc: 0.21mg (1.42%), Vitamin B3: 0.25mg (1.26%), Calcium: 10.19mg (1.02%)