



Coconut Chiffon Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.8 cup coconut or flaked
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 cup egg whites
- ☐ 7 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup water
- ☐ 1.5 cups sugar white

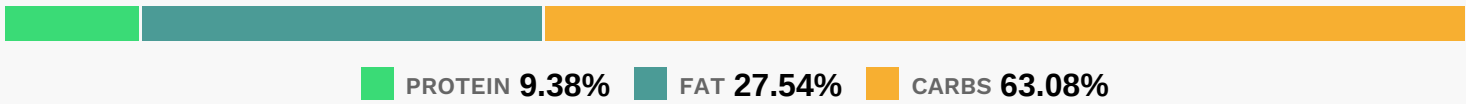
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Combine the flour, sugar, baking powder, and salt mixing well. Make a well in the center of the flour mixture and add the vegetable oil, egg yolks, water, vanilla extract, and almond extract. Beat until smooth.
- ☐ In a large bowl beat the egg whites and the cream of tartar until stiff peaks form.
- ☐ Pour the egg yolk mixture gradually over the beaten egg whites and fold until just blended. Fold in the flaked coconut.
- ☐ Pour batter into an ungreased 10 inch tube pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 55 minutes. Increase oven temperature to 350 degrees F (175 degrees C) and bake for 10 to 15 minutes longer. Top will spring back when touched lightly. Turn pan upside down until cake is cool before removing from pan.
- ☐ Remove cooled cake from pan and frost if desired.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:35.05, Inflammation Score:-2, Nutrition Score:8.3647825766517%

Nutrients (% of daily need)

Calories: 324.38kcal (16.22%), Fat: 10.02g (15.41%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 49.9g (18.15%), Sugar: 30.82g (34.24%), Cholesterol: 136.08mg (45.36%), Sodium: 410.33mg (17.84%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 7.67g (15.35%), Selenium: 21.75µg (31.08%), Vitamin B2: 0.31mg (18.21%), Manganese: 0.36mg (17.96%), Folate: 65.69µg (16.42%), Vitamin B1: 0.22mg (14.89%), Phosphorus: 119.26mg (11.93%), Iron: 1.89mg (10.51%), Calcium: 94.95mg (9.5%), Vitamin B3: 1.55mg (7.73%), Fiber: 1.72g (6.87%), Vitamin B5: 0.58mg (5.84%), Copper: 0.11mg (5.41%), Vitamin D: 0.68µg (4.54%), Vitamin B12: 0.27µg (4.46%), Zinc: 0.61mg (4.05%), Potassium: 141.53mg (4.04%), Vitamin K: 4.19µg (3.99%), Magnesium: 15.15mg (3.79%), Vitamin B6: 0.08mg (3.78%), Vitamin E: 0.55mg (3.64%), Vitamin A: 181.69IU (3.63%)