



## Coffee Angel Food Cake

READY IN



67 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

### Ingredients

- 16 ounce angel food cake mix (recommended: Betty Crocker)
- 2 tablespoons cocoa powder (recommended: Hershey's)
- 3 tablespoons mexican coffee liqueur flavored (recommended: Kahlua)
- 1 tablespoon hot-brewed coffee instant (recommended: Folgers)
- 0.3 cup milk
- 2 tablespoons orange liqueur
- 1 orange zest
- 1 pound powdered sugar sifted (recommended: C and H)
- 1 cup water plus 1 tablespoon cold

## Equipment

- frying pan
- oven
- knife
- whisk
- mixing bowl
- hand mixer

## Directions

- Move oven rack to lowest position. Preheat oven to 350 degrees F.
- Combine the water, Mexican coffee flavored liqueur, and instant coffee in a medium mixing bowl. Stir until coffee crystals have dissolved.
- Add cake mix and cocoa powder and using an electric hand mixer, beat on low speed for 30 seconds; then beat on medium speed for 1 minute.
- Pour into an ungreased 10 by 4-inch tube pan.
- Bake in preheated oven for 37 to 47 minutes or until top is a dark golden brown, cracked, and not sticky.
- Remove from oven and immediately turn pan upside down onto a bottle until cooled completely. Run knife around edges of pan and remove cake from pan.
- Whisk together all ingredients in a medium mixing bowl until smooth.
- Pour icing evenly over the top of the cake letting it run down the sides of the cake.
- Let icing set for 1 hour. Slice cake and serve garnished with orange zest.

## Nutrition Facts

 **PROTEIN 3.62%**  **FAT 1.16%**  **CARBS 95.22%**

## Properties

Glycemic Index:3.17, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.7899999887399%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 313.34kcal (15.67%), Fat: 0.4g (0.62%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 74.12g (24.71%), Net Carbohydrates: 73.52g (26.73%), Sugar: 62.97g (69.97%), Cholesterol: 0.61mg (0.2%), Sodium: 315.24mg (13.71%), Alcohol: 1.46g (100%), Alcohol %: 1.7% (100%), Caffeine: 15.65mg (5.22%), Protein: 2.82g (5.64%), Phosphorus: 140.26mg (14.03%), Selenium: 5.28µg (7.54%), Vitamin B2: 0.12mg (6.98%), Calcium: 68.34mg (6.83%), Manganese: 0.09mg (4.75%), Folate: 16.44µg (4.11%), Copper: 0.08mg (3.77%), Magnesium: 10.78mg (2.7%), Fiber: 0.6g (2.41%), Potassium: 73.07mg (2.09%), Vitamin C: 1.36mg (1.65%), Iron: 0.27mg (1.49%), Vitamin B3: 0.25mg (1.27%), Vitamin B5: 0.13mg (1.26%)