



## Coffee Angel Food Cake

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



462 kcal

DESSERT

### Ingredients

- 1.1 cup cake flour sifted
- 8 ounces confectioners' sugar sifted
- 1.3 teaspoons cream of tartar
- 1.5 cups egg whites at room temperature (from 1 dozen eggs)
- 0.3 cup espresso grounds
- 1 tablespoon hot-brewed coffee instant
- 0.5 teaspoon salt
- 1.5 cups sugar

- 1 teaspoon vanilla extract pure
- 8 servings serving suggestion: vanilla yogurt frozen
- 2 teaspoons water hot

## Equipment

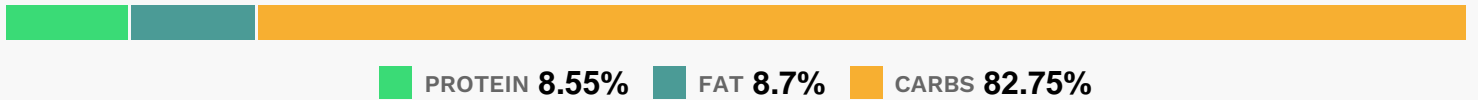
- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- blender
- hand mixer
- spatula
- butter knife

## Directions

- Make the Cake: Preheat the oven to 375 degrees F.
- In a mixer fitted with a whisk attachment (or using a hand mixer), whip the egg whites until foamy.
- Add the cream of tartar and salt and continue whipping until soft peaks form. With the mixer running, gradually add 1 cup of the sugar and continue whipping until stiff and the sugar has dissolved, about 30 seconds.
- In a small bowl, stir together the hot water and instant coffee to make coffee extract.
- Using a sieve over a large bowl, sift the remaining 1/2 cup sugar with the pre-sifted cake flour 3 times, to aerate the mixture.
- Fold the flour mixture into the egg whites in batches; then fold in the vanilla and dissolved coffee.
- Spoon the batter into an ungreased 9 or 10-inch tube pan and smooth the top with a rubber spatula.

- Bake until light golden brown, about 30 to 35 minutes.
- Cool by turning the cake (in the pan) upside down, propped on top of a bottle until it cools to room temperature. Run a long, sharp knife blade, or a butter knife, around the cake to loosen, then knock the cake out onto a plate or work it out with your fingers. The outside crumb of the cake will remain in the pan; exposing the white cake underneath.
- Make the Glaze: Stir the ingredients together until smooth.
- Add more liquid if too thick or more sugar if too thin.
- Pour glaze over the top of the cake, letting it drip down naturally.
- Let glaze set until hard, at least 30 minutes before serving.
- Serve with vanilla frozen yogurt, so you have a cappuccino in your mouth.

## Nutrition Facts



## Properties

Glycemic Index:17.14, Glycemic Load:34.44, Inflammation Score:-2, Nutrition Score:6.1317390773607%

## Nutrients (% of daily need)

Calories: 461.8kcal (23.09%), Fat: 4.54g (6.98%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 97.09g (32.36%), Net Carbohydrates: 96.67g (35.15%), Sugar: 82.87g (92.08%), Cholesterol: 1.44mg (0.48%), Sodium: 286.52mg (12.46%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 35.26mg (11.75%), Protein: 10.04g (20.08%), Selenium: 18.94µg (27.06%), Vitamin B2: 0.4mg (23.43%), Phosphorus: 119.23mg (11.92%), Calcium: 110.69mg (11.07%), Potassium: 353.8mg (10.11%), Manganese: 0.17mg (8.62%), Magnesium: 27.52mg (6.88%), Vitamin B5: 0.63mg (6.31%), Vitamin B3: 0.99mg (4.96%), Vitamin B12: 0.25µg (4.16%), Copper: 0.08mg (4.1%), Vitamin B6: 0.07mg (3.34%), Zinc: 0.48mg (3.21%), Vitamin A: 152.99IU (3.06%), Folate: 12.02µg (3%), Vitamin B1: 0.04mg (2.85%), Iron: 0.5mg (2.79%), Fiber: 0.42g (1.69%)