



Dad's Favorite Chocolate Angel Food Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 12 egg whites room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 1 tablespoon vanilla extract

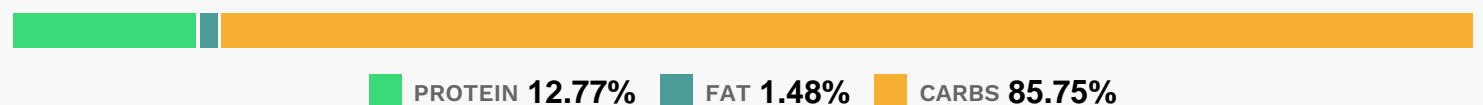
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ spatula

Directions

- ☐ Sift thoroughly 1/4 cup sugar, flour, and salt; set aside.
- ☐ Beat egg whites until foamy.
- ☐ Add lemon juice, and beat until soft peaks form. Gradually sprinkle remaining 1 cup sugar onto whites, beating at medium speed.
- ☐ Sift 1/4 cup flour mixture over whites, and gently fold in by hand, with fingers spread.
- ☐ Add vanilla and orange rind. Fold in remaining flour mixture, alternating with grated chocolate.
- ☐ Pour into clean, dry tube pan. (Do not grease pan or use a nonstick pan, as the batter will not rise.)
- ☐ Cut through batter with knife to remove air bubbles.
- ☐ Bake at 350 for 40 to 45 minutes or until cake springs back when lightly touched.
- ☐ Invert pan and cool 30 to 45 minutes. Gently loosen cake from sides of pan, using a narrow metal spatula; remove cake from pan.
- ☐ Serve with strawberries and lightly sweetened whipped cream flavored with small amount of vanilla, to taste.
- ☐ *Leave eggs out of refrigerator for about 15 minutes.
- ☐ **Nell recommends Madagascar Bourbon Pur Vanilla Extract by Nielsen-Massey Vanillas.
- ☐ ***You can use 3 (2-ounce) Newman's Own Organics Sweet Dark Orange Dark Chocolate bars; the slightly less amount of chocolate is negligible. You also may substitute other brands of orange-dark chocolate bars, if desired.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:24.35, Inflammation Score:-1, Nutrition Score:3.0169564723645%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.13kcal (8.26%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 34.71g (12.62%), Sugar: 25.44g (28.27%), Cholesterol: 0mg (0%), Sodium: 176.68mg (7.68%), Alcohol: 0.45g (100%), Alcohol %: 0.73% (100%), Protein: 5.23g (10.46%), Selenium: 11.6µg (16.56%), Vitamin B2: 0.23mg (13.33%), Vitamin B1: 0.1mg (6.72%), Folate: 24.8µg (6.2%), Manganese: 0.09mg (4.68%), Vitamin B3: 0.79mg (3.94%), Iron: 0.63mg (3.5%), Potassium: 77.32mg (2.21%), Phosphorus: 19.22mg (1.92%), Magnesium: 7.09mg (1.77%), Vitamin C: 1.4mg (1.69%), Fiber: 0.41g (1.62%), Copper: 0.03mg (1.49%), Vitamin B5: 0.13mg (1.29%)