



Daffodil Cake

 Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



171 kcal

DESSERT

Ingredients

- 0.5 cup cake flour sifted
- 1 teaspoon cream of tartar
- 10 egg whites
- 6 egg yolk
- 0.5 teaspoon orange extract
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.3 cups granulated sugar white

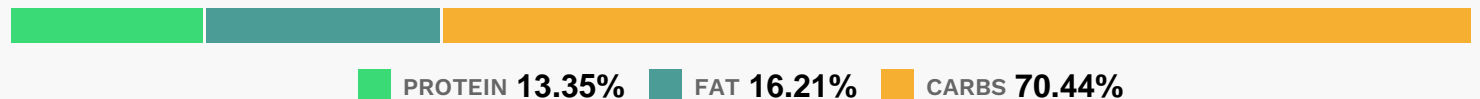
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Wash the tube pan in hot soapy water to ensure it is totally grease-free.
- In a large dry glass or metal bowl, whip egg whites until frothy.
- Add cream of tartar and salt, and continue to whip. When the whites can form soft peaks, gradually sprinkle in the sugar, while continuing to beat until stiff peaks form.
- Remove half of the whipped egg whites to a separate bowl.
- Fold 3/4 cup of cake flour, orange extract, and egg yolks into one half of the egg whites until evenly blended. Fold the remaining 1/2 cup of cake flour into the other bowl of egg whites, along with the vanilla. Spoon about 1 cup of batter at a time, alternating colors, into the prepared pan.
- Bake for 30 minutes in the preheated oven. Reduce heat to 325 degrees F (165 degrees C) and continue baking for another 20 minutes, or until the top of the cake springs back when pressed.
- Without removing cake from pan, invert pan onto a wire rack to cool. Once completely cooled, remove cake from the pan and frost with your choice of frosting. Lemon Cream Cheese Frosting works quite well.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:20.39, Inflammation Score:-1, Nutrition Score:3.4765217083952%

Nutrients (% of daily need)

Calories: 171.11kcal (8.56%), Fat: 3.1g (4.76%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 30.12g (10.95%), Sugar: 25.29g (28.1%), Cholesterol: 116.64mg (38.88%), Sodium: 171.82mg (7.47%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Protein: 5.74g (11.47%), Selenium: 14.68µg (20.97%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 52.72mg (5.27%), Folate: 19.03µg (4.76%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.24µg (3.96%), Vitamin D: 0.58µg (3.89%), Potassium: 117.54mg (3.36%), Vitamin A: 155.86IU (3.12%), Manganese: 0.06mg (3.08%), Iron: 0.4mg (2.22%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.3mg (2.02%), Calcium: 17.36mg (1.74%), Vitamin B1: 0.03mg (1.68%), Copper: 0.03mg (1.47%), Magnesium: 5.46mg (1.36%)