



WHATSheATE

*Easy Angel
Food Cake*

Easy Angel Food Cake with Dairy-Free Toppings



Dairy Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 1.5 cups egg whites (from 12 medium eggs – less eggs if using large or extra-large)
- ☐ 1.3 cups powdered sugar organic (if possible)
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons cream of tartar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 teaspoon almond extract for nut-free (feel free to omit)
- ☐ 0.3 teaspoon salt

- ☐ 1 cup granulated sugar
- ☐ 10 servings dairy-free toppings for recipes & ideas (see post above)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ sifter

Directions

- ☐ Place the egg whites in a mixing bowl, and let them stand at room temperature for 30 minutes.
- ☐ Preheat your oven to 350F.
- ☐ Sift the powdered sugar and flour together three times into a large bowl. The sifting is very important for getting that light texture. If you don't have a flour sifter, a fine mesh strainer works just as well (flour sifters always seem to break on me, so I stick to the strainer!).
- ☐ Add the cream of tartar, extracts, and salt to the egg whites, and beat the mixture on high speed. Gradually add the granulated sugar, beating until the sugar is dissolved and stiff peaks form.
- ☐ Gradually fold in the flour and powdered sugar mixture (about cup at a time).
- ☐ Spoon the batter into an ungreased 10-inch tube pan, and gently cut through batter with a knife to remove air pockets.
- ☐ Bake for 40 to 45 minutes or until the cake springs back when lightly touched.
- ☐ Immediately invert pan, but cool completely before removing cake from pan.
- ☐ Slice and serve topped with your dairy-free toppings of choice.

Nutrition Facts



 **PROTEIN 10.38%**  **FAT 1.19%**  **CARBS 88.43%**

Properties

Glycemic Index:17.85, Glycemic Load:20.87, Inflammation Score:-1, Nutrition Score:3.0782608470839%

Nutrients (% of daily need)

Calories: 203.72kcal (10.19%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 44.76g (16.28%), Sugar: 35.05g (38.94%), Cholesterol: 0mg (0%), Sodium: 120.2mg (5.23%), Alcohol: 0.28g (100%), Alcohol %: 0.4% (100%), Protein: 5.29g (10.59%), Selenium: 11.76µg (16.8%), Vitamin B2: 0.23mg (13.6%), Vitamin B1: 0.1mg (6.69%), Folate: 24.65µg (6.16%), Manganese: 0.09mg (4.68%), Potassium: 150.34mg (4.3%), Vitamin B3: 0.81mg (4.06%), Iron: 0.65mg (3.62%), Phosphorus: 19.04mg (1.9%), Magnesium: 6.87mg (1.72%), Copper: 0.03mg (1.58%), Fiber: 0.34g (1.37%), Vitamin B5: 0.12mg (1.24%)