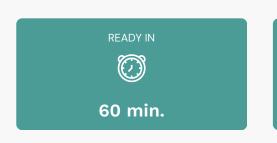
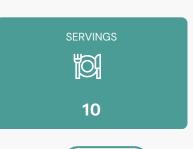


Easy Angel Food Cake with Dairy-Free Toppings







DESSERT

Ingredients

0.3 teaspoon salt

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)

	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	
D:.		
ווט	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 dont 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

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: Omg (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%)